



Premium Fillet Steak & Black Garlic Mayo

with Pumpkin & Sage Gratin

Grab your Meal Kit with this symbol



Peeled Pumpkin



Sage



Garlic



Broccoli



Black Garlic



Mayonnaise



Panko Breadcrumbs



Grated Parmesan Cheese



Premium Fillet Steak

Hands-on: 30-40 mins
Ready in: 40-50 mins

Have you met this week's star ingredient: black garlic? There's no trickery involved – the eye-catching colour is created by ageing the garlic so it caramelises and creates a unique sweet and mellow flavour. Paired with a perfectly cooked steak and creamy baked gratin, this is a special occasion dinner at its best.

Pantry items

Olive Oil, Butter, Plain Flour, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan · Small or medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet (400g)	1 packet (800g)
sage	1 bunch	1 bunch
garlic	1 clove	2 cloves
broccolini	1 bunch	2 bunches
black garlic	1 tub	2 tubs
mayonnaise	1 packet (40g)	1 packet (100g)
panko breadcrumbs	½ packet	1 packet
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
premium fillet steak	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2768kJ (661Cal)	459kJ (109Cal)
Protein (g)	49.4g	8.2g
Fat, total (g)	34.8g	5.8g
- saturated (g)	13.7g	2.3g
Carbohydrate (g)	35.1g	5.8g
- sugars (g)	17.3g	2.9g
Sodium (mg)	745mg	124mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Shiraz or Pinot Noir

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Cut the **peeled pumpkin** into 0.5cm chunks. Place on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until just tender, **15 minutes**.

TIP: Cut the pumpkin to size so it cooks in time.



Cook the steak

See Top Steak Tips (below) for extra info!

While the gratin is baking, wash and dry the frying pan, then return to a high heat. Season the **premium fillet steak** all over with **salt** and **pepper**, then add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to a second oven tray lined with baking paper and roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray with the **steak** from the oven and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Get prepped

While the pumpkin is roasting, thinly slice the **sage** leaves. Finely chop the **garlic**. Trim and halve the **broccolini** lengthways. Peel the **black garlic**. In a small bowl, mash the **black garlic** with a fork until smooth, then stir in the **mayonnaise**. Set aside. In a medium bowl, combine the **panko breadcrumbs** (see ingredients) with a good drizzle of **olive oil**. Season with **salt** and **pepper**.



Cook the broccolini

While the steak is resting, return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **broccolini**, tossing, until just tender, **5-6 minutes**. Season with **salt** and **pepper**.

TIP: Add a dash of water to help speed up the cooking process.



Bake the gratin

Heat a large frying pan over a medium heat. Cook the **butter**, **sage** and **garlic** until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until a thick paste forms, **2 minutes**. Remove the pan from the heat and slowly whisk in the **milk** until smooth. Stir in the **salt** and **grated Parmesan cheese**, then season with **pepper**. Add the roasted **pumpkin** and gently stir to coat. Transfer to a baking dish. Evenly top with the **panko mixture**, then bake until golden and bubbling, **10-15 minutes**.



Serve up

Slice the premium fillet steak. Divide the pumpkin and sage gratin, steak and broccolini between plates. Pour any resting juices over the steak and top with the black garlic mayo.

Enjoy!