



Premium Fillet Steak & Tarragon Sauce

with Parmesan Mash & Greens

Grab your Meal Kit with this symbol



Potato



Asparagus



Green Beans



Eschalot



Garlic



Tarragon



Premium Fillet Steak



Grated Parmesan Cheese



Chicken Stock

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Make a flavour-packed sauce to drizzle over a tender cut of premium fillet steak using eschalot – a sweeter and more delicate type of onion – plus tarragon and garlic. Then, finish off your gourmet creation with creamy mash and vibrant greens.

Pantry items

Olive Oil, Butter, Milk

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan ·
Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|----------------------------|--------------------|---------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| asparagus | 1 bunch | 2 bunches |
| green beans | 1 bag (200g) | 1 bag (400g) |
| eschalot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| tarragon | ½ bunch | 1 bunch |
| premium fillet steak | 1 packet | 2 packets |
| butter* (for the mash) | 20g | 40g |
| milk* | 2 tbs | ½ cup |
| salt* | ¼ tsp | ½ tsp |
| grated Parmesan cheese | 2 packets (60g) | 4 packets (120g) |
| water* | ½ cup | 1 cup |
| chicken stock | ½ cube | 1 cube |
| butter* (for the sauce) | 40g | 80g |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3100kJ (740Cal) | 479kJ (115Cal) |
| Protein (g) | 53.7g | 8.3g |
| Fat, total (g) | 42.4g | 6.6g |
| - saturated (g) | 25.4g | 3.9g |
| Carbohydrate (g) | 32.5g | 5.0g |
| - sugars (g) | 5.6g | 0.9g |
| Sodium (g) | 914mg | 141mg |

Allergens

For allergens and ingredient information, visit
[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Fancy a Drop?

We recommend pairing this meal with
Sangiovese or Syrah.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the woody ends (about 3cm) off the **asparagus**. Trim the **green beans**. Finely chop the **eschalot**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **tarragon leaves (see ingredients list)** until you have **1 tsp for 2 people / 2 tsp for 4 people**.

TIP: Tarragon has a mild aniseed flavour, use less if you're not a fan!



4. Cook the veggies

While the potato is cooking, return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **asparagus** and cook until starting to soften, **2 minutes**. Add the **green beans** and cook, tossing, until bright green and just tender, **3-4 minutes**. Add **1/2 the garlic** and cook until fragrant, **30 seconds**. Transfer to a plate and cover to keep warm.

TIP: The garlic can burn fast, so keep an eye on it!



2. Cook the steak

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Season the **premium fillet steak** all over with **salt** and **pepper** and add to the hot pan. Sear the steak until browned, **1 minute** on all sides. Transfer to an oven tray lined with baking paper and roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray from the oven and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



5. Make the sauce

Return the frying pan to a medium heat with a **drizzle of olive oil**. Add the **eschalot** and **remaining garlic** and cook until fragrant, **1-2 minutes**. Add the **water**, any **steak resting juices** and crumbled **chicken stock (1/2 cube for 2 people / 1 cube for 4 people)**. Bring to the boil, then reduce the heat to medium and simmer for **2 minutes**. Whisk in the **butter (for the sauce)**. Remove from the heat and stir in the **tarragon**.



3. Make the Parmesan mash

While the steak is cooking, add the potato to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **butter (for the mash)**, **milk** and **salt** and mash with a potato masher or fork until smooth. Add the **grated Parmesan cheese** and stir through until melted. Cover with a lid to keep warm and set aside.



6. Serve up

Thinly slice the steak. Divide the Parmesan mash and greens between plates. Arrange the steak on top and drizzle with the tarragon sauce.

Enjoy!