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Scotch Fillet with Caramelised Onion & Mixed Mash

A HelloFresh favourite, this meal has got it all going on. From vibrant smashed veg to a brilliant cheat's way to get sweet sticky caramelised onions, we've added a beautiful scotch fillet to round out a real 'greatest hits' meal.



Prep: 5 mins

Cook: 25 mins

Total: 30 mins



level 1



high
protein



gluten
free

Pantry Items



Milk



Butter



Olive Oil



Balsamic
Vinegar



Zucchini



Sweet Potato



Beef Scotch Fillet



Red Onion

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2P	4P	Ingredients	
1	2	zucchini, cut into 2 cm pieces	🌿
400 g	800 g	sweet potato, unpeeled & cut into 2 cm pieces	
2 tbs	4 tbs	milk *	
1 tbs	2 tbs	butter *	
2 steaks	4 steaks	beef scotch fillet	
2 tsp	1 tbs	olive oil *	
1	2	red onion, finely sliced	🌿
1 tbs	2 tbs	balsamic vinegar *	

🌿 Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2010	Kj
Protein	38.7	g
Fat, total	17.4	g
-saturated	7.6	g
Carbohydrate	38.1	g
-sugars	19.3	g
Sodium	140	mg



You will need: *chef's knife, chopping board, large saucepan, strainer, potato masher, medium ovenproof frying pan, plate, and aluminium foil.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **sweet potato** in a large saucepan and cover with water. Bring to the boil. Cook for **10 minutes** or until the sweet potato is tender. Add the **zucchini** and cook for a further **2 minutes** or until tender. Drain and return to the same pan. Add the **milk**, half of the **butter**, and a generous pinch of **salt** and **pepper**. Mash with a potato masher until you reach your desired consistency (we like ours chunky).

3 Meanwhile, season the **scotch fillet steaks** with salt and pepper. Heat the **olive oil** in a medium ovenproof frying pan over a medium-high heat. Add the scotch fillet steaks and cook for **2 minutes** on each side. Transfer to the oven and cook for **8-10 minutes** for medium rare or until cooked to your liking. Cooking times will vary depending on the thickness of your steak. Remove from the oven and set aside on a plate. Cover with foil to rest for **5 minutes**.

4 Melt the remaining butter in the same pan with a splash of olive oil (so the butter doesn't burn) over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until softened. Add the **balsamic vinegar** and cook for a further **3 minutes** or until sticky.

5 To serve, divide the chunky mash and the scotch fillet steaks between plates. Top with the caramelised onion and enjoy.

Did you know? Judging by production rates, onions are the 6th most popular vegetable crop in the world.

