



# Bacon Wrapped Fillet Steak & Blue Cheese Sauce

with Gü Chocolate Brownie

N° 19

VALENTINES SPECIAL 35 Minutes • 1 of your 5 a day



Potato



Rosemary



Red Onion



Asparagus



Streaky  
Bacon Rasher



Fillet Steak



Half Fat  
Crème Fraîche



Blue Cheese



Gü Belgian Chocolate  
Brownie

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Baking Tray, Saucepan and Frying Pan.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Rosemary**	1 sprig	1 sprig	2 sprigs
Red Onion**	1	1	2
Asparagus**	1 small pack	¾ large pack	1 large pack
Streaky Bacon Rasher**	4	6	8
Fillet Steak**	2	3	4
Half Fat Crème Fraîche 7)**	75g	100g	150g
Blue Cheese 7)**	30g	45g	60g
Gü Belgian Chocolate Brownie 7) 8) 11)**	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	652g	100g
Energy (kJ/kcal)	4012/959	615/147
Fat (g)	47	7
Sat. Fat (g)	26	4
Carbohydrate (g)	83	13
Sugars (g)	34	5
Protein (g)	54	8
Salt (g)	1.97	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 11) Soya

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Bake the Fries

Preheat your oven to 200°C. Chop the **potatoes** into chips 1cm wide (no need to peel!). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Pop the **fries** on a large baking tray in a single layer. Drizzle with **oil** and sprinkle on the **rosemary**. Season with **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 4. Fry the Steaks

Heat a splash of **oil** in a frying pan over medium high heat. When hot, add the **bacon wrapped steaks** to the pan. Fry until browned, 1- 2 mins on each side. Lower the heat to medium and cook the **steaks** for another 2-3 mins on each side if you want them cooked to medium-rare. Add 1-2 mins extra on each side if you like your steak medium or well done. **IMPORTANT:** *The steak is safe to eat when the outside is cooked. Cook the bacon throughout.*



## 2. Prep

Meanwhile, halve, peel and thinly slice the **red onion**. We will add them to the **fries** later. Trim and discard the tough woody 1cm from the **asparagus**. Halve the **asparagus** widthways. Lay 2 **bacon rashers** side by side on your chopping board. Wrap the **rashers** around a **steak**. Repeat for the remaining **steak(s)**. Keep to one side. **IMPORTANT:** *Wash your hands after handling raw meat.*



## 5. Cook the Asparagus

When the **steaks** are ready, transfer to a plate and wrap loosely in foil to keep warm. Return the frying pan to a medium heat, add a splash of **oil** if necessary and, when hot, add the **asparagus**. Stir-fry until just tender, 2-3 mins. Season with **salt** and **pepper** and get ready to serve.



## 3. Make the Sauce

Put the **crème fraîche** (see ingredients for amount) into a small saucepan and warm over a low heat. Season with **pepper** and then stir in the **blue cheese**. Keep stirring until the **cheese** has melted and the **sauce** is nice and smooth. Remove from the heat, we will reheat it later. Scatter the **red onion slices** over your **fries** when you turn them and return to the oven for the remaining cooking time.



## 6. Serve

Reheat the **blue cheese sauce** until hot, but don't allow to boil. Share the **fries** between your plates and place the **asparagus** alongside. Slice your **fillet steak** diagonally into 2 pieces. Spoon the **sauce** onto your plate and sit the **steak pieces** in the **sauce**.

**Bon appetit!**