

Deconstructed Fillet Steak Bourguignon

with Shiitake Mushrooms and Roasted Chantenays

PREMIUM 50 Minutes • 1 of your 5 a day













Red Wine Stock Pot







Thyme

Chantenay Carrot



Pancetta Lardons



Shitake Mushrooms



Fillet Steak



Before you start

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

Basic cooking tools, you will need:

Saucepan, Frying Pan, Measuring Jug, Ovenproof Dish. Stick Blender (or Masher) and Baking Tray.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Echalion Shallot**	1	2	2
Red Wine Stock Pot 14)	1 pot	1½ pots	1½ pots
Water for the Shallot*	100ml	150ml	150ml
Thyme**	½ bunch	¾ bunch	1 bunch
Potato**	1 small pack	1 large pack	2 small packs
Chantenay Carrot**	1 pack	1½ packs	2 packs
Pancetta**	1 small pack	1 medium pack	1 large pack
Shitake Mushrooms**	1 punnet	1½ punnets	2 punnets
Fillet Steak**	2	3	4
Butter 7) **	30g	45g	60g
Water for the Sauce*	100ml	150ml	200ml
*Allet te de de de de de Come in the Edding			

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	618g	100g
Energy (kJ/kcal)	2715 /649	439/105
Fat (g)	26	4
Sat. Fat (g)	13	2
Carbohydrate (g)	61	10
Sugars (g)	16	3
Protein (g)	46	7
Salt (g)	3.14	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

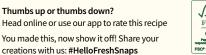
Allergens

7) Milk 14) Sulphites

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.

Contact

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1. Braise the Shallot

Preheat your oven to 180°C. Boil your kettle. Bring a saucepan of water to the boil with a pinch of salt for the **potatoes**. Heat a drizzle of **oil** in a frying pan on medium heat. Peel the garlic. Halve the shallot lengthways and peel. Lay the shallot cut side down in the pan with the **garlic**. Brown for 4-5 mins. Meanwhile, in a jug, dissolve **half** the stock pot with the boiling water for the shallot (see ingredients for amount).



2. Cook the Potatoes

Transfer the browned shallot and garlic to a small ovenproof dish (don't wash the pan). Add half the thyme sprigs, pour in the stock and cover with foil. Bake on the middle shelf until soft, 25-30 mins. Uncover for the final 5 mins and remove and reserve the garlic. Meanwhile, peel and chop the potato into 2cm chunks. Boil the potatoes until you can easily slip a knife through, 12-15 mins. Drain in a colander. Return to the pan, off the heat, with the lid on.



3. Roast the Carrots

Meanwhile, trim the carrots (no need to peel). Pop on a baking tray and drizzle with oil. Season with salt and pepper and roast on the top shelf of the oven until soft and golden, 20-25 mins, turning halfway. Return the frying pan to medium heat. When hot, add the pancetta and fry until golden, 3-4 mins. Meanwhile, roughly tear the shiitake mushrooms. Transfer the pancetta lardons to a bowl and wipe the pan. We will use it again later.



4. Make the Puree

Put the **steaks** on a plate and season on both sides with salt and pepper. IMPORTANT: Wash your hands after handling raw meat. When the **potatoes** are ready, add the cooked garlic and butter to the pan. Use a stick blender to puree the potatoes until smooth. Season to taste and cover. TIP: If you don't have a stick blender, mash the garlic with a fork, use a potato masher for the potatoes and mix well.



5. Cook the Steak

Heat a splash of oil in the frying pan over high heat. When hot, lav in the **steaks**. Brown all over, 2 mins, lower the heat slightly and cook for 3-4 mins per side. TIP: This will give you medium-rare; if you like your steak a little more done, cook for an extra 2 mins per side. **IMPORTANT:** The steak is safe to eat when the outside is cooked. When the **steaks** have 4 mins left, add the **shiitakes** and remaining thyme. Cook for 3-4 mins. Transfer everything to a plate and wrap loosely in foil.



6. Make the Sauce

Add the water for the sauce (see ingredients for amount) and remaining stock pot to the pan. Bring to the boil then lower the heat, stir in the pancetta lardons and simmer until glossy, 2-3 mins. Meanwhile, reheat the **puree** if needed. Slice the steak into 5 pieces. Spoon 3 dollops of puree on each plate. Use the back of a spoon to drag it out in lines. Top with the **steak** and **shallot**. Arrange the roasted carrots and shiitakes around and drizzle with sauce.

Enjoy!

