

## FILLET STEAK

with Celeriac and Truffle Purée, Shallot Marmalade, Garlic Spinach & Shitakes





the carrot family.



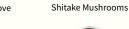
**Echalion Shallot** 







Garlic Clove





Red Wine Vinegar





Fillet Steak



**Unsalted Butter** 



Truffle Zest



Baby Spinach





If you're looking for true dinnertime decadence, look no further. Our chefs have carefully selected sophisticated sides that amplify the rich flavour of fillet steak. The puree is made from celeriac; a root vegetable often overlooked because of its knobbly, odd-shaped appearance. But don't underestimate this veg, for it has wonderful earthy undertones which are perfect for bigflavoured dishes. As a finishing touch, try our chef's deliciously thick and glossy marmalade. Using caramelised onion and red wine stock, the tangy flavour unites all elements of this dish to create a show-stopping dinner.

MEAL BAG

Our fruit and veggies need a little wash before you use them! Make sure you've got a Small Saucepan, Large Saucepan, Fine Grater (or Garlic Press), Measuring Jug, Frying Pan, some Foil, a Colander, Potato Masher and some Kitchen Paper. Now, let's get cooking!



START THE MARMALADE Heat a drizzle of **oil** in a small saucepan on medium heat. Bring a large saucepan of water to the boil with a pinch of **salt** for the celeriac. Halve, peel and finely slice the **shallot**. Add the **shallot** and **sugar** (see ingredients for amount) to the small pan. Lower the heat and cook, stirring occasionally, until soft, 10-12 mins. Meanwhile, peel and chop the celeriac into 2cm chunks. Peel and grate the garlic (or use a garlic press). Roughly tear the shitakes.



**→ FINISH THE MARMALADE** When the pan of water is boiling, add the celeriac and cook until you can easily slip a knife through, 15-20 mins. Once the **shallot** is soft, raise the heat, add the vinegar and evaporate it away. Stir in the water for the shallot (see ingredients for amount) and half the **stock pot**. Bring to the boil and simmer, stirring occasionally, until jammy, 5-6 mins. Transfer to a bowl and set aside. Keep the pan, we will use it later.



**COOK THE STEAK** Season the steaks with salt and pepper. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Heat a splash of **oil** in a frying pan over high heat. Lay in the **steaks**. Brown all over, 1 minute on each side, lower the heat to medium and cook for 3 mins per side.  $\star TIP$ : This will give you medium-rare; if you like your steak more done, cook for 2 more mins per side. Transfer to a plate and wrap loosely in foil. **!** IMPORTANT: The steak is safe to eat when the outside is cooked. Keep the pan!



SAUCE AND SPINACH TIME Add the **water** for the sauce (see now empty frying pan with some kitchen blender, you can use a potato masher. the **spinach** until wilted, 1-2 mins. Season with

salt and pepper.



**ARRANGE AND SERVE** Get ready to serve. Reheat the **purée** over a low heat if necessary. Cut each **steak** into five slices. To serve, spoon three dollops of **purée** onto each plate and use the back of your spoon to drag it out in lines. Top with spoonfuls of shallot marmalade, then the steak slices. Spoon the spinach and shitake mixture in the gaps, then drizzle the sauce all round. Enjoy!

# GREDIENT

In order of use

	2P	3P	4P
Echalion Shallot *	1	1½	2
Sugar*	2 tsp	3 tsp	4 tsp
Celeriac 10) *	1	1½	2
Garlic Clove *	2	3	4
Shitake Mushrooms *	1 .	1½	2
	punnet	punnets	punnets
Red Wine Vinegar 14)	1	1½	2
	sachet	sachets	sachets
Water for the Shallot*	50ml	75ml	100ml
Red Wine Stock Pot 14)	1 pot	1½ pots	2 pots
Fillet Steak *	2	3	4
Unsalted Butter 7) *	30g	45g	60g
Truffle Zest	1	1½	2
	sachet	sachets	sachets
Water for the Sauce*	100ml	150ml	200ml
Baby Spinach *	1 small bag	¾ large bag	1 large bag

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 636G	PER 100G
Energy (kJ/kcal)	1726 /413	271 /65
Fat (g)	21	3
Sat. Fat (g)	11	2
Carbohydrate (g)	14	2
Sugars (g)	11	2
Protein (g)	41	6
Salt (g)	2.64	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

### **ALLERGENS**

7) Milk 10) Celery 14) Sulphites

### PAIR THIS MEAL WITH =

A full bodied red like a Malbec.

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

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ingredients for amount) and remaining stock pot to the now empty small saucepan. Bring to the boil, stirring, then reduce the heat and simmer until glossy, 2-3 mins. Wipe out the paper, then reheat over medium heat with a drizzle of oil. Add the shitakes and stir-fry until golden, 3-4 mins. Stir in the **garlic**, then stir in