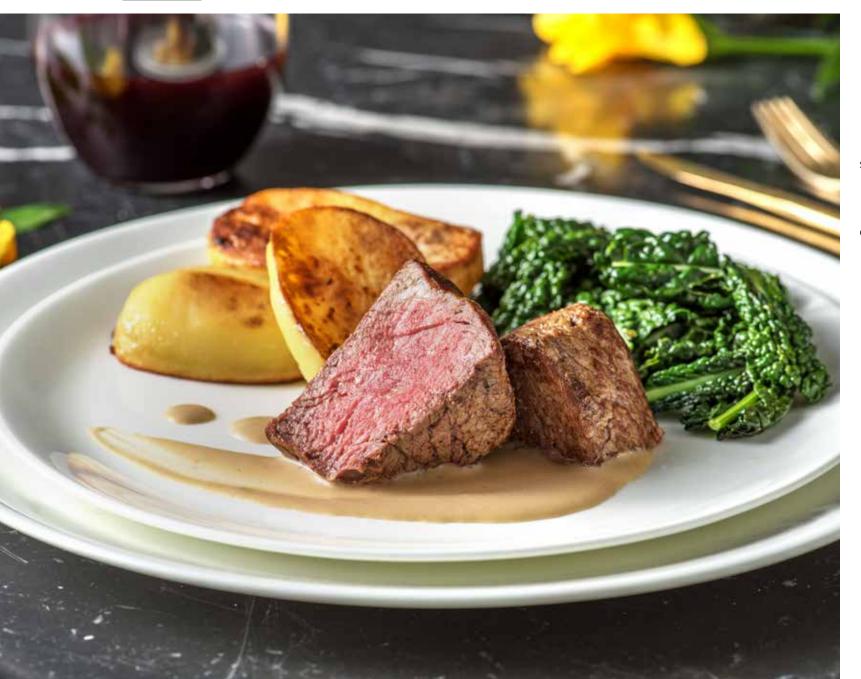


# Pan Fried Fillet Steak

with Fondant Potatoes, Cavolo Nero and Wild Mushroom Sauce

PREMIUM 45 Minutes • 1 of your 5 a day











Chicken



Stock Powder



Crème Fraîche



Wild Mushroom Sauce



Cavolo Nero

## Before you start

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

## Basic cooking tools you will need:

Peeler, Two Frying Pans, Measuring Jug and Ovenproof Dish.

#### Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Water for the Potatoes*	250ml	375ml	500ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	300ml	450ml	600ml
Wild Mushroom Sauce	1 pot	1½ pots	2 pots
Crème Fraîche <b>7)</b> **	75g	100g	150g
Fillet Steak**	2	3	4
Cavolo Nero**	1 small pack	1 medium pack	1 large pack

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

#### Nutrition

	Per serving	Per 100g
for uncooked ingredients	759g	100g
Energy (kJ/kcal)	2167/518	286 /68
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	52	7
Sugars (g)	6	1
Protein (g)	43	6
Salt (g)	2.21	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

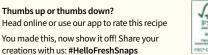
7) Milk

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. Cook the Potatoes & Prep

Preheat your oven to 200°C. Peel the potatoes and halve lengthways. Heat a splash of oil in a frying pan on medium high heat. When hot, add the potatoes cut side down and cook until golden brown, 4-5 mins. Crush the garlic clove gently to release the flavour (no need to peel) and add it to the pan along with a knob of butter (if you have some). Turn the **potatoes** to brown on the other side, 2-3 mins. In a jug mix the water (see ingredients for amount) and chicken stock powder.



## 2. Cook the Fondants

Transfer the **potatoes** to an ovenproof dish and pour in the **chicken stock** you just made. Cook on the top shelf of the oven uncovered until they are tender and you can easily slip knife into them, 25-30 mins. **TIP:** *Make sure the liquid comes three* quarters of the way up the potatoes, if it doesn't, top up the dish with a little more water.



## 3. Make the Sauce

Meanwhile, wipe out the pan that you cooked the **potatoes** in and return to a high heat with the water for sauce (see ingredients for amount). When boiling add the wild mushroom sauce, whisk well to dissolve. Simmer until thick enough to coat the back of a spoon (the consistency of double cream), 3-5 mins. Add the creme fraiche and bring to the boil. Taste, season with pepper if needed, set aside.



## 4. Fry the Steaks

Heat a drizzle of **oil** in another large frying pan on medium high heat. Season the **steaks** on both sides with **salt** and **pepper**. When hot, add the steaks to the pan. Fry until they are 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 browned.



## 5. Cavolo Nero

When the **steak** is cooked transfer it to a plate to rest and cover with tin foil. Return the pan to the medium heat, with a splash of **oil** if dry. Add the cavolo nero and 1 tbsp of water per person, cover with a lid or tin foil and cook until tender, 3-5 mins. Taste and season with salt and pepper.



## 6. Time To Serve

Pour any **resting juices** from the **steak** into the sauce, mix and reheat until piping hot. TIP: Add a splash of water to the sauce if it's a bit thick. Share the **fondants** between your plates. Cut each **steak** in half and arrange on the plate. Place the cavolo **nero** alongside and spoon over the **sauce**.

**Enjoy!** 

## There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.