



# Pan Fried Fillet Steak

with Fondant Potatoes, Cavolo Nero and Wild Mushroom Sauce

**PREMIUM** 45 Minutes • 1 of your 5 a day

N° 19



Potatoes



Garlic Clove



Chicken  
Stock Powder



Wild Mushroom Sauce



Crème Fraîche



Fillet Steak



Cavolo Nero

## Before you start

Our fruit, veggies and herbs need a wash before you 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 7)**	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**.



## 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.



## 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.



## 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**.



## 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.



## 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.