



Fillet Steak

With Fondant Potatoes and Cavolo Nero

Premium 45 Minutes • 1 of your 5 day

30



Potatoes



Garlic Clove



Chicken Stock Powder



Wild Mushroom Sauce



Crème Fraîche



Fillet Steak



Cavolo Nero

Before you start

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

Cooking tools, you will need:

Peeler, Frying Pan, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	2	2
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Wild Mushroom Sauce	1 pot	1½ pots	2 pots
Crème Fraîche 7)**	75g	120g	150g
Fillet Steak**	2	3	4
Cavolo Nero**	100g	150g	200g
Water*	250ml	375ml	500ml
Water for the Sauce*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	484g	100g
Energy (kJ/kcal)	2170 /519	448 /107
Fat (g)	19	4
Sat. Fat (g)	8	2
Carbohydrate (g)	52	11
Sugars (g)	6	1
Protein (g)	43	9
Salt (g)	2.26	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Cook Potatoes & Prep

Preheat your oven to 200°C. Peel the **potatoes** and halve length ways. 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**.



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.*



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.*



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**.



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.



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.