



# Fillet Steak and Creamy Peppercorn Sauce with Rosemary Hasselbacks, Chantenay Carrots and Tenderstem®

Premium 45 Minutes • 1 of your 5 a day

32



Fillet Steak



Salad Potatoes



Red Onion



Chantenay Carrots



Rosemary



Tenderstem®  
Broccoli



Cracked Black  
Pepper



Cider Vinegar



Chicken  
Stock Paste



Creme Fraiche

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray and frying pan.

## Ingredients

	2P	3P	4P
Fillet Steak**	2	3	4
Salad Potatoes**	350g	500g	700g
Red Onion**	½	1	1
Chantenay Carrots**	225g	450g	450g
Rosemary**	½ bunch	1 bunch	1 bunch
Tenderstem® Broccoli**	80g	150g	150g
Cracked Black Pepper	2 sachets	3 sachets	3 sachets
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Crema Fraiche** <b>7</b>	75g	120g	150g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>557g</b>	<b>100g</b>
Energy (kJ/kcal)	2205 /527	396 /95
Fat (g)	22	4
Sat. Fat (g)	12	2
Carbohydrate (g)	44	8
Sugars (g)	14	3
Protein (g)	39	7
Salt (g)	1.16	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Hasselback the Potatoes

Preheat your oven to 200°C. Remove the **steaks** from your fridge to allow them to come up to room temperature. Place a few **salad potatoes** at a time in between two wooden spoon handles on a board. Make slices widthways at 3mm intervals, making sure not to cut the whole way through. Repeat with the remaining **potatoes**, then pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until golden and tender, 35-40 mins.



## Fry the Steaks

Just before the **broccoli** goes in the oven, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt**. When the **oil** is hot, lay the **steaks** into the pan and fry until browned, 1-2 mins on each side. Lower the heat to medium and cook for another 2-3 mins on each side if you want them medium-rare. **TIP:** Cook for 1-2 mins extra on each side if you like it more well done. Once cooked, transfer to a board, cover and allow to rest. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.



## Get Prepped

Meanwhile, halve, peel and chop the **red onion** into small pieces (see ingredients for amount). Trim the **chantenay carrots** and halve any large ones lengthways (no need to peel). Pop the **carrots** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Pick the **rosemary leaves** from their stalks (see ingredients for amount) and finely chop (discard the stalks).



## Make the Sauce

While the **steaks** rest, heat a drizzle of **oil** in the (now empty pan) on medium heat (no need to wash). Add the **onion** and cook, stirring until softened, 2-3 mins. Add the **cracked black pepper** and stir in the **cider vinegar**. Allow the **vinegar** to bubble away. Stir in the **chicken stock paste** and **water for the sauce** (see ingredients for amount) and allow it to reduce, 3-4 mins. Mix in the **crema fraiche**, bring it back up to the boil, then take off the heat.



## Roast the Veg

Once the **potatoes** have been in the oven for 15 mins, pop the **carrot** tray onto the middle shelf and roast until tender, 20-25 mins. When the **carrots** have been roasting for 10-12 mins, halve any thick **broccoli** stems lengthways, then add them to the **carrot** tray. Drizzle with **oil**, toss to coat and roast for the remaining time until tender and crispy, 10-15 mins.



## Finish and Serve

When everything is ready, slice your **steaks** widthways into 3 or 4 pieces, then transfer to your plates. Spoon over the **peppercorn sauce**. Divide the **hasselback potatoes** between your plates and generously sprinkle with **rosemary**. Serve the **Tenderstem® broccoli** and **chantenay carrots** alongside.

## Enjoy!