

# Fillet Steak and Creamy Peppercorn Sauce

with Rosemary Hasselbacks, Chantenay Carrots and Tenderstem®

Premium

45 Minutes • 1 of your 5 a day









Fillet Steak

Salad Potatoes





**Red Onion** 

**Chantenay Carrots** 



Rosemary



Tenderstem® Broccoli

Cider Vinegar



Cracked Black



Pepper



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**	1/2	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 14)	1 sachet	1 sachet	2 sachets	
Chicken Stock Paste	10g	15g	20g	
Water for the Sauce*	100ml	150ml	200ml	
Creme Fraiche** 7)	75g	120g	150g	
*Not Included **Store in the Fridge				

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	557g	100g
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.

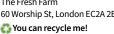
#### Contact

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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.



## **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).



## 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.



# 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.



## 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 creme **fraiche**, bring it back up to the boil, then take off the heat.



## 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!