



Fillet Steak and Salsa Verde Pesto

with Oregano Roast Potatoes and Premium Tomato Salad

N° 19

PREMIUM 40 Minutes



Potato



Garlic Clove



Premium Tomatoes



Red Wine Vinegar



Walnuts



Plain Flour



Dried Oregano



Flat Leaf Parsley



Tarragon



Dijon Mustard



Fillet Steak



Pea Shoots

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Large Saucepan, Colander, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	2 cloves	3 cloves	4 cloves
Premium Tomatoes**	1 small punnet	1 large punnet	1 large punnet
Red Wine Vinegar (14)	2 sachets	3 sachets	4 sachets
Olive Oil for the Salad Dressing*	1 tbsp	1½ tbsp	2 tbsp
Walnuts (2)	1 pot	2 pots	2 pots
Plain Flour (13)	8g	16g	16g
Dried Oregano	1 small pot	1 small pot	1 large pot
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Tarragon**	½ bunch	1 bunch	1 bunch
Dijon Mustard (9)	½ pot	1 pot	1 pot
Olive Oil for the Salsa Verde Pesto*	3 tbsp	4 tbsp	5 tbsp
Water for the Salsa Verde Pesto*	1 tbsp	2 tbsp	2 tbsp
Fillet Steak**	2	3	4
Pea Shoots**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	528g	100g
Energy (kJ/kcal)	2874 /687	545 /130
Fat (g)	36	7
Sat. Fat (g)	6	1
Carbohydrate (g)	47	9
Sugars (g)	3	1
Protein (g)	44	8
Salt (g)	0.33	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut (9) Mustard (13) Gluten (14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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Packed in the UK



1. Prep the Potatoes

Fill and boil your kettle. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop in your oven. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Peel the **potatoes**, chop them into 3cm chunks. Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife. Meanwhile, peel the **garlic clove(s)** and pop into foil with a drizzle of **oil** and scrunch to enclose it.



4. Make the Salsa Verde Pesto

Pop the **parsley**, **tarragon**, **Dijon mustard**, remaining **walnuts**, remaining **red wine vinegar**, **olive oil** and **water** (see ingredient list for both amounts) into a mini food processor/blender and blend until smooth. **TIP: If you don't have a blender, chop the ingredients as finely as you can and combine in a bowl.** Season to taste with **salt** and **pepper**. Once cooked, add the **roasted garlic** to the mix and blend again.



2. Make the Salad

While the **potatoes** cook, halve the **tomatoes** and pop them in a bowl with half the **red wine vinegar**. Season with **salt**, **pepper** and a pinch of **sugar**. Pour in the **olive oil** (see ingredients for amount). Add **half** the **walnuts**, mix together and set aside.



5. Cook the Steaks

10 mins before the **potatoes** are cooked, heat a drizzle of **oil** in a 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 the 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.**



3. Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour** and **dried oregano**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Pop the **garlic** foil parcel onto the tray as well. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through. Remove the **garlic** after 8-10 mins.



6. Finish and Serve

When the **steak** is cooked, transfer to a plate, cover loosely with foil and rest for a couple of minutes. While the **steak** rests, add the **peashoots** to the **tomatoes** and **dressing** and toss to coat. Slice the **steak** in half diagonally. Serve the **steak** with the **potatoes** and **salad** alongside and spoon the **salsa verde pesto** over the **steak** and around the plate.

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.