



# Fillet Steak and Salsa Verde Pesto

with Oregano Roast Potatoes and Premium Tomato Salad

Premium 40 Minutes • 1 of your 5 a day

32



Potatoes



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 and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Baking Tray, Saucepan, Aluminum Foil, Bowl, Colander, Food Processor or a Blender, Frying Pan.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove	2	3	4
Premium Tomatoes	125g	250g	250g
Red Wine Vinegar <b>14)</b>	2 sachets	3 sachets	4 sachets
Olive Oil for the Dressing*	1 tbsps	1½tbsps	2 tbsps
Walnuts <b>2)</b>	40g	80g	80g
Plain Flour <b>13)</b>	8g	16g	16g
Dried Oregano	1 sachet	1 sachet	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Tarragon**	½ bunch	1 bunch	1 bunch
Dijon Mustard <b>9) 14)</b>	10g	15g	20g
Olive Oil for the Salsa*	3 tbsps	4 tbsps	5 tbsps
Water*	1 tbsps	2 tbsps	2 tbsps
Fillet Steak**	2	3	4
Pea Shoots**	40g	60g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	526g	100g
Energy (kJ/kcal)	2854 / 682	542 / 130
Fat (g)	36	7
Sat. Fat (g)	6	1
Carbohydrate (g)	48	9
Sugars (g)	3	1
Protein (g)	44	8
Salt (g)	0.52	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

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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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** and pop into foil with a drizzle of **oil** and scrunch to enclose it.

2



## Make the Salad Dressing

While the **potatoes** cook, halve the **tomatoes** and pop them into a bowl with **half** of 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.

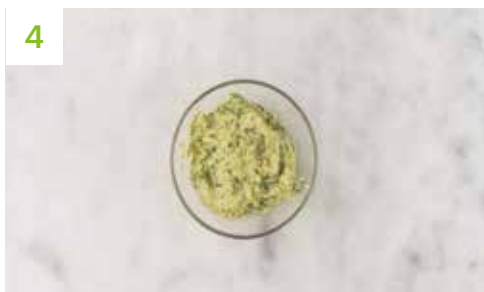
3



## 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, turning halfway through. Remove the **garlic** after 8-10 mins.

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.

5



## Cook the Steaks

Ten 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. Wash your hands and equipment after handling raw meat**

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 **pea shoots** to the **tomatoes** and **dressing** and toss to coat. Slice the **steak** in half diagonally. Slice the **steak** and serve with the **potatoes** and **salad** alongside. 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.