



Fillet Steak and Blue Cheese Sauce

with Rosemary Fries and Green Beans

Premium 35 Minutes

30



Fillet Steak



Potato



Rosemary



Green Beans



Garlic



Creme Fraiche



Blue Cheese

Before you start

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

Cooking tools, you will need:

Baking Tray, Garlic Press, Saucepan, Frying Pan, Plate, Aluminum Foil.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Rosemary**	½ bunch	¾ bunch	1 bunch
Green Beans**	150g	200g	300g
Garlic	1	1	2
Fillet Steak**	2	3	4
Creme Fraiche 7)**	75g	100.5g	150g
Blue Cheese 7)**	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	507g	100g
Energy (kJ/kcal)	2319/554	458/109
Fat (g)	23	5
Sat. Fat (g)	13	3
Carbohydrate (g)	43	8
Sugars (g)	3	1
Protein (g)	44	9
Salt (g)	0.75	0.15

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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You can recycle me!



Start the Fries

Take the **steaks** out of the fridge and allow to come to room temperature. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Preheat your oven to 200°C. Chop the **potatoes** into chips 1cm wide (no need to peel). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Pop the chips on a large baking tray in a single layer.



Fry the Steaks

Heat a splash of **oil** in a frying pan over 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 cooked.*



Roast the Chips

Drizzle the **chips** with oil, and sprinkle on the **rosemary** and season with **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. Trim the **green beans** and discard the stalks. Peel and grate the **garlic** (or use a garlic press).



Cook the Beans

When the **steaks** are ready, transfer to a plate and wrap loosely in foil to keep warm. Return the frying pan to a medium heat, add a splash of **oil** if necessary and, when hot, add the **green beans**. Stir-fry for 30 seconds then add the **garlic**. Cook for 30 seconds, then add a splash of **water** to the pan. Cover with a lid or foil and cook until tender, 3-4 mins. Season with **salt** and **pepper** and get ready to serve.



Make the Sauce

Put the **creme fraiche** (see ingredients for amount) into a small saucepan and warm over a low heat. Season with **pepper** and then stir in the **blue cheese**. Keep stirring until the **cheese** has melted and the **sauce** is nice and smooth. Remove from the heat, we will reheat it later.



Serve

Reheat the **blue cheese sauce** until hot, but don't allow to boil. Share the **chips** between your plates and place the **green beans** alongside. Slice your **fillet steak** diagonally into 2 pieces and pop onto your plate. Spoon the **sauce** over.

Bon appetit!

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.