



# Steak and Peppercorn Sauce with Roasted Potatoes and Green Beans

Premium 40 Minutes

N° 30



Sirloin Steak



Potato



Echalion Shallot



Black Peppercorns



Green Beans



Chicken Stock Paste



Creme Fraiche

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Pestle and Mortar, Frying Pan, Aluminum Foil, Measuring Cup.

## Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	450g	700g	900g
Echalion Shallot**	1	1	1
Black Peppercorns	1 sachet	1 sachet	2 sachets
Green Beans**	150g	200g	300g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	75g	150g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	2668/638	484/116
Fat (g)	31	6
Sat. Fat (g)	15	3
Carbohydrate (g)	45	8
Sugars (g)	3	0
Protein (g)	46	8
Salt (g)	1.22	0.22

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

### Thumbs up or thumbs down?

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## Get Started

Preheat your oven to 200°C and remove your **steak** from the fridge to allow it to come up to room temperature. Chop the **potatoes** into 2cm chunks (no need to peel).



## Fry the Steak

Heat a drizzle of **oil** in a frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Lower the heat slightly and cook for another 1-2 mins on each side for medium-rare. **TIP:** *Cook for 1-2 mins more if you like it more cooked.* **IMPORTANT:** *The steak is safe to eat when the outside is browned.* Once cooked, transfer to a board, cover with foil and leave to rest for a couple of minutes.



## Roast the Potatoes

Pop the **potatoes** on a large low-sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** *Use two baking trays if necessary, you want the potatoes nicely spread out.*



## Make the Sauce

Add a little **oil** to the now-empty frying pan and turn the heat to low. Add the **shallot**. Cook until soft, 2-3 mins. Add the **peppercorns**. Cook for 1 min, then stir in the **water** (see ingredients for amount) and **stock paste**. Bring to the boil, then reduce the heat and simmer until reduced by half, 2-3 mins. Take the pan off the heat and stir in the **creme fraiche**.



## Cook the Beans

Meanwhile, halve, peel and finely chop the **shallot**. Crush the **peppercorns** in a pestle and mortar. **TIP:** *You can also put them in a freezer bag and give them a whack with a rolling pin.* Trim the **green beans** and pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. When the **potatoes** have 10 mins left, put the **green beans** on the middle shelf of your oven and roast until tender, 8-10mins.



## Finish and Serve

Slice the steak diagonally into 1cm strips and transfer to your plates. Drizzle over the **peppercorn sauce** and serve with the **green beans** and **roasted potatoes** alongside.

## 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.