



Fillet Steak and Béarnaise Butter

with Roasties and Tenderstem Broccoli

PREMIUM 35 Minutes

N° 19



Fillet Steak



Potato



Dried Oregano



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Tarragon



Unsalted Butter



Tenderstem Broccoli®

Before you start

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

Basic cooking tools you will need:

Baking tray, Fine Grater (or Garlic Press), Saucepan, Frying Pan and Colander.

Ingredients

	2P	3P	4P
Fillet Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Dried Oregano	½ pot	¾ pot	1 pot
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	1 clove	1 clove
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Tarragon**	½ bunch	¾ bunch	1 bunch
Unsalted Butter 7)**	30g	45g	60g
Tenderstem Broccoli***	1 small pack	1 large pack	2 small packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	502g	100g
Energy (kJ/kcal)	2128 / 509	424 / 101
Fat (g)	20	4
Sat. Fat (g)	11	2
Carbohydrate (g)	44	9
Sugars (g)	2	1
Protein (g)	42	8
Salt (g)	0.24	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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

Preheat your oven to 200°C. Take the **steaks** out of the fridge and pop onto a plate to come up to room temperature. Chop the **potatoes** into 2cm chunks (no need to peel!). Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil**, and sprinkle on the **dried oregano**. 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.



4. Cook the Steaks

When the potatoes have 10 mins left, 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 cooked.*



2. Prep Time

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Finely chop the **flat leaf parsley** (stalks and all). Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



5. Cook the Tenderstem

When the **steaks** are cooked, pop them on to a plate. Spread the **butter** on top and cover loosely with foil, leave to rest for a couple of mins. When the **water** is boiling add the **tenderstem broccoli** along ¼ tsp of **salt** and cook until tender, 2-3 mins. Drain in a colander and get ready to serve.



3. Make the Butter

Heat a splash of **oil** in a small saucepan over medium-high heat. Add the **shallot** and cook, stirring until softened, 3-4 mins. Add the **garlic** and cook for a minute more then transfer to a bowl. Allow to cool, then add the **butter** and use a spoon to mash the **butter** and **shallots** together. Next, mix in the **parsley** and **tarragon**. **Bearnaise butter** done! Put a saucepan of **water** onto boil. We will use it for the broccoli later.



6. Serve

Share the **potatoes** between your plates and serve the **steaks** and **tenderstem broccoli** alongside. Drizzle any **melted buttery juices** over the **steak**.

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.