

9 oz Fillet Steak with Barbecue Sauce

and Roasted Blue Potatoes

R20



Rustic meets classy in this gourmet supper.

Takes: 35 min | Equipment Required: Pestle & Mortar
Cals 1104 | Prot 75 | Carbs 79 | Fat 56

Tips For Fussy Eaters

Watch out for the chipotle (smoked chilli) - it's spicy!

Pro Tip

Make the sauce in advance and store it in a glass jar in the fridge for up to 3-4 days.

Ingredients

For 2 For 3 For 4

Steak

Rib-eye steak	500	750	1000	Grams
Black peppercorns	10	15	20	Grams
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp

Sauce

Garlic cloves	2	3	4	Piece
Tomato passata	200	400	500	Grams
Water	50	75	100	ML
Barbecue sauce	40	60	80	Grams
Apple cider vinegar	15	22	30	ML
Soy sauce	20	30	40	ML
Brown sugar	5	8	10	Grams
White sugar	10	15	20	Grams
Smoked paprika powder	2	4	4	Grams
Chipotle powder	2	2	4	Grams
Black pepper	0.5	1	1	Tsp
Salt	0.5	1	1	Tsp
Salted butter	30	50	50	Grams

Veggies

Red pepper	1	2	2	Pieces
Yellow pepper	1	1	2	Pieces
Blue potatoes	500	750	1000	Grams
Olive oil	4	6	8	Tbsp
Salt	1	2	2	Tsp



1 Prep

Preheat oven to 220°C/200°C fan. Remove the **steaks** from the fridge. Wash the **blue potatoes** and slice them into wedges, skins on. Add them to a lined baking tray with a drizzle of **oil**. Sprinkle with **salt**. Roast in the oven for 10 min. Peel and mince the **garlic**.



4 Fry steak

Pat the **steaks** dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the **steaks** and fry them for 2-4 min on each side or until cooked to your liking. If the **steaks** are very thick, finish cooking them in the oven for 6-8 min. Transfer the **steaks** to a plate and leave them to rest for 10 min.



2 Make sauce

Meanwhile, Heat a pot over a medium heat with a drizzle of **oil**. Once hot, add **garlic** and fry for 1 min. Add the **tomato passata**, **measured water**, **barbecue sauce**, **vinegar**, **soy sauce**, **sugar**, **smoked paprika**, **chipotle (spicy!)** and **salt**. Simmer over a medium heat for 10-15 min, until thickened. Add the **butter** and stir. Set aside.



5 Serve

Season the rested **steaks** generously with the **flaky salt** and **pepper**. Slice **steaks**. Divide the **steaks** among plates and serve the roasted **potatoes**, **peppers** and **barbecue sauce** on the side.



3 Add

Meanwhile, chop the **peppers** roughly. Once the **potatoes** have been in the oven for 10 min, add the **peppers** to the tray, drizzle with **olive oil** and sprinkle with **salt**. Bake for 15 min further or until the **potatoes** and **peppers** are golden and crispy.



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