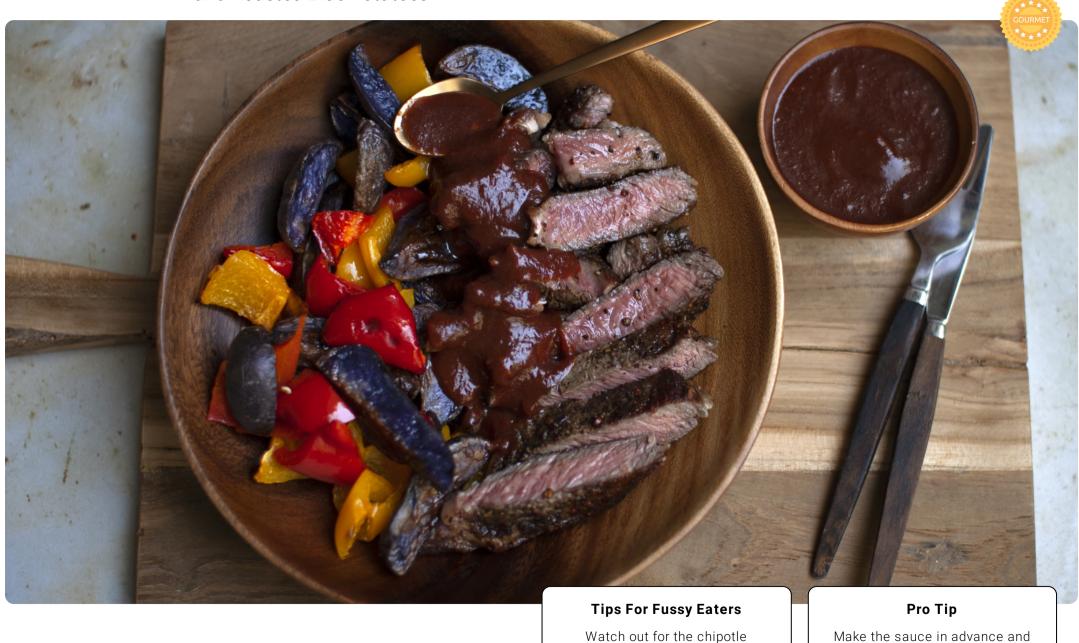
# 9 oz Fillet Steak with Barbecue Sauce

and Roasted Blue Potatoes



(smoked chilli) - it's spicy!

Rustic meets classy in this gourmet supper.

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

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



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## 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.

#### 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.

#### 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.





# 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 the side. them in the oven for 6-8 min. Transfer the **steaks** to a plate and leave them to rest for 10 min.



### 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