

Steak with Creamy Mushroom Sauce and Roasted Vegetables

hellóchef

There's nothing like a creamy mushroom sauce to top off a perfectly cooked steak!

Cals 515 • Prot 50 • Carbs 30 • Fat 23

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🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Steak	2 ppl	3 ppl	4 ppl	
Rump steak	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Roasted vegetables				
Red onion	1	2	2	Piece
Black pepper	0.5	0.5	1	Tsp
Cauliflower	200	300	400	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Dried thyme	2	2	4	Grams
Red pepper	1	1	2	Piece
Sauce				
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	0.5	Tsp
Shallots	1	1	2	Piece
Garlio cloves	2	3	4	Piece
Mushroom	250	250	500	Grams
Water	100	100	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Cooking cream 4*	100	200	200	ML

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2149 / 515
Fat (g)	22.8
of which saturates (g)	12.8
Carbohydrate (g)	30
of which sugars (g)	13.8
Fiber (g)	7.4
Protein (g)	49.9
Salt (g)	2.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast vegetables

Preheat the oven to 220°C/200°C fan. Remove the steaks from the fridge. Peel the **red onion** and slice it into wedges. Chop the **pepper** into large chunks. Separate the **cauliflower** florets. Add the **vegetables** to a lined baking tray. Drizzle with **oil** and sprinkle with **salt, pepper** and **thyme**. Roast for 25 min or until tender.



2 Prep

Meanwhile. peel and finely chop the **shallots** and **garlic**. Clean the **mushrooms** with kitchen paper or cloth (don't wash). Chop the **mushrooms**.



3 Fry steak

Pat the **steaks** dry with kitchen paper, rub them with **vegetable oil** and season with **salt**. Heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 2-4 min on each side or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest. Once rested, season generously with **pepper**.

Tip! Why not cook the steaks on the grill / barbecue / braai?



4 Fry mushrooms

Return the pan to a medium heat with another drizzle of **oil**. Once hot, add the **mushrooms** and fry for 5 min. Add the **shallots** and **garlic** and fry for 3 min further.



5 Make sauce

Add the **measured water**, crumbled {0.5/1/1} **chicken stock cube**, **cooking cream** and **black pepper** to the pan. Simmer, uncovered, for 3-4 min or until the **sauce** has thickened. Stir to dissolve the **stock cube**. Season the **sauce** with **salt** to taste.

Tip! If you end up with leftover cream, use it for your weekend omelettes and scrambled eggs.



6 Serve

Serve the **steak** and the **mushroom sauce** with the **roasted vegetables** to the side.

Tip! Return the steaks to the pan and simmer for 1 min further if you'd like to coat them in the sauce!