



Hold either end of the asparagus and bend - it will naturally break at the woody part you wish to discard!

Cooking Time: 30 min | Gluten-Free
Cals 860 | Prot 67 | Carbs 4 | Fat 63

Tips For Fussy Eaters

Serve with mashed potatoes on the side.

Pro Tip

Grill your steaks instead of frying them! Preheat your grill/barbecue/braai well before adding the steaks.

Ingredients	For 2	For 3	For 4	
Steak				
Fillet steak	500	750	1000	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	1	1	2	Tsp

Sauce				
Garlic cloves	4	6	8	Piece
Salted butter	50	50	100	Grams
Olive oil	1	2	2	Tbsp
Anchovies	10	15	20	Grams
Fresh parsley	15	15	15	Grams

To serve				
Thick asparagus	500	750	1000	Grams



1 Prep sauce

Remove the **steaks** from the fridge. Preheat the oven to 200°C/180°C. Peel and mince the **garlic**. Heat a non-stick pan over a medium heat with the **butter, olive oil, anchovies** and **garlic**. Fry for 3-5 min stirring, until the **anchovies** have melted. Remove the pan from the heat and set aside.



2 Cook steaks

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. Once rested, season generously with **salt** and **pepper**.



3 Boil asparagus

Meanwhile, rinse the **asparagus** well. Trim its woody stems. Bring a large pot of salted water to a boil. Add the **asparagus**. Boil for 3-4 min or until tender. Drain.



4 Serve

Meanwhile, finely chop the **parsley** and add it to the **anchovy sauce**. Serve the rested **steaks** with a drizzle of **anchovy** and **garlic butter**. Serve the **asparagus** alongside.



Share Your #hellochef Pics With Us

www.hellochef.me
hello@hellochef.me
04-383-93-99