

Tenderloin Fillet Steak in Creamy Mushroom Sauce

with Rosemary Potatoes and Asparagus

Dim the lights, grab a glass of red and enjoy!

hellóchef

Cals 816 • Prot 69 • Carbs 60 • Fat 36

Gourmet

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🕒 cook: 45 min

R2120



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	
Grass-fed fillet steak	500	750	1000	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Sauce				
Shallots	1	2	2	Piece
Garlic cloves	3	4	6	Piece
Chestnut mushrooms	250	500	500	Grams
Olive oil	2	3	4	Tbsp
Cooking cream 4*	150	150	200	ML
Water	100	100	200	ML
Mushroom stock cube	1	1	2	Piece
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Sides				
Thick asparagus	250	375	500	Grams
Fresh rosemary	10	10	10	Grams
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	1	1	2	Tsp

Allergens

*4 Milk

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)	3402 / 816
Fat (g)	35.5
of which saturates (g)	19
Carbohydrate (g)	60
of which sugars (g)	11.3
Fiber (g)	13.3
Protein (g)	69.1
Salt (g)	0.3

*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 potatoes

Preheat the oven to 200°C/180°C fan. Remove the **steaks** from the fridge. Roughly chop the **rosemary**. Rinse the **potatoes** and chop them (skins on) into small cubes. Add them to a large baking tray with the **rosemary**, a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss until the **potatoes** are fully coated. Roast for 40 min or until golden and crisp.



2 Prep vegetables

Meanwhile, peel and chop the **shallots** and **garlic**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Slice the **mushrooms**.



3 Cook sauce

Heat a pan over a medium-low heat with a drizzle of **oil**. Once hot, fry the **mushrooms** for 8 min until browned. Reduce the heat to low and add the **shallots** and **garlic**. Fry for 2-3 min further. Add the **cream**, **measured water** and **stock cube**. Simmer for 5 min or until the sauce has thickened (add a splash of **water**, if needed). Season with **salt** and **pepper**.



4 Fry steaks

Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a second large pan over a high heat. Once very hot, add the **steaks** and fry them for 3 min on each side. Place on a baking tray and finish **cooking** them in the oven for 8-10 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min.

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



5 Asparagus

Meanwhile, remove the **asparagus'** woody stems. Cook the **asparagus** in a pot of salted boiling water for 3-4 min or until tender. Drain once tender.



6 Serve

Season the rested **steaks** generously with **salt** and **pepper**. Serve the **steaks** with the **roasted potatoes**, **mushroom sauce** and the **asparagus** to the side.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.