Fillet Steak in Blue Cheese Sauce

with Garlic Mushrooms

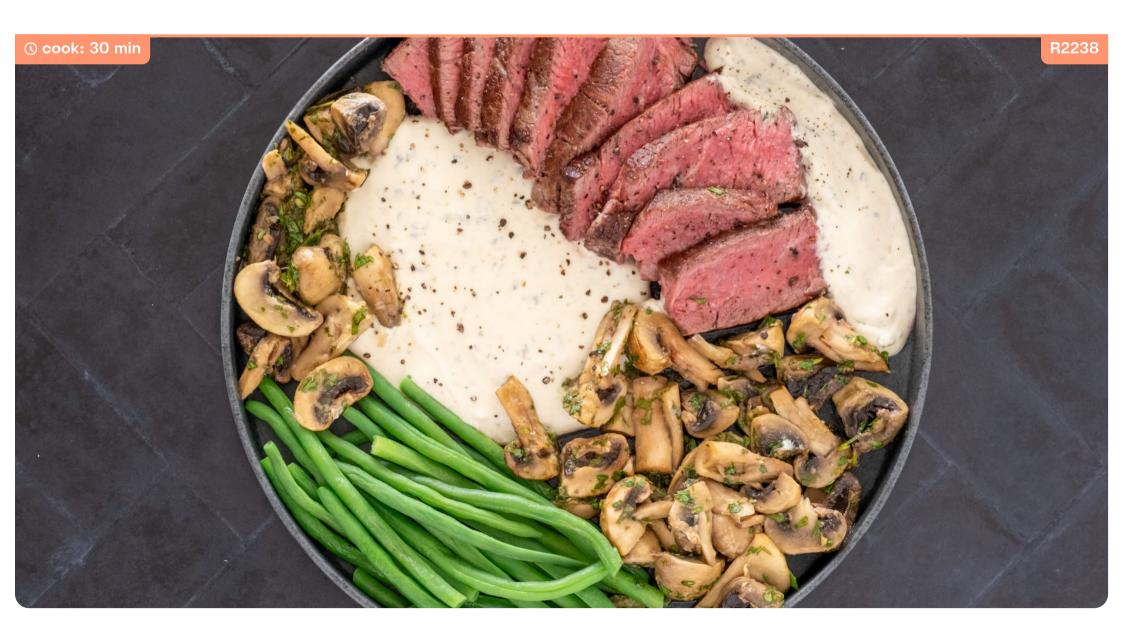
Enjoy with your special someone and your favourite grape.

hellóchef

Cals 768 • Prot 69 • Carbs 21 • Fat 47

Gourmet

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Before you start

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

Ingredients

Steak & sauce	2 ppl	3 ppl	4 ppl	
Fillet steak	500	750	1000	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Cooking cream 4*	100	200	200	ML
Water	100	100	200	ML
Blue cheese 4*	60	90	120	Grams
Garlic mushrooms				
Mushroom	500	750	1000	Grams
Garlic cloves	2	3	4	Piece
Fresh parsley	15	15	15	Grams
Butter 4*	20	30	40	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Black pepper	0.5	1	1	Tsp
Side				
Green beans	250	375	500	Grams

Allergens

*4 Milk, *6 Fish, *11 Gluten

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)	3204 / 768
Fat (g)	46.6
of which saturates (g)	26.5
Carbohydrate (g)	21
of which sugars (g)	8.2
Fiber (g)	5.5
Protein (g)	68.6
Salt (g)	2.9

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



1 Prep

Preheat the oven to 220°C/200°C fan. Remove the **steaks** from the fridge. Trim the **green beans**.



2 Prep mushrooms

Melt the **butter** in a baking dish in the microwave for 30 sec.



3 Bake mushrooms

Roughly chop or tear the mushrooms. Peel and mince the garlic. Chop the parsley. Add the mushrooms, garlic, parsley, Worcestershire sauce and pepper to the baking dish with the melted butter. Mix well. Bake for 15-20 min until browned.



4 Fry steaks

Meanwhile, pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a 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. Once rested, season generously with **salt** and **pepper**.



5 Make sauce

Return the same pan, without washing it, to a medium heat. Add the **cream**, **measured water** and **blue cheese**. Bring to a simmer, then reduce the heat to low. Return the **steaks** to the pan and cook them in the **sauce** for 4 min. Flip the **steaks** and cook for a final 3 min or until cooked to your liking. The **sauce** should have thickened nicely. Add a splash of **water** if it looks too thick.



6 Boil green beans

Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked. Serve alongside the **steaks**, **blue cheese sauce** and **mushrooms**.