

Fillet Steak in Blue Cheese Sauce

with Garlic Mushrooms

hellóchef

Enjoy with your special someone and your favourite grape.

Cals 768 • Prot 69 • Carbs 21 • Fat 47

Gourmet

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🕒 cook: 30 min

R2238



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**.