

Tenderloin Fillet Steak in Blue Cheese Sauce

with Garlic Mushrooms and Green Beans

hellóchef

This tenderloin recipe channels French culinary roots, pairing bold blue cheese sauce with classic steakhouse sides. Bon appétit!

Cals 721 • Prot 64 • Carbs 14 • Fat 46

Gourmet

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 45 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	
Grass-fed 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	250	500	500	Grams
Garlic cloves	2	3	4	Piece
Fresh parsley	15	15	15	Grams
Butter 4*	20	20	30	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Black pepper	0.5	1	1	Tsp
Side				
Green beans	150	250	375	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)	3006 / 721
Fat (g)	46
of which saturates (g)	26.4
Carbohydrate (g)	14
of which sugars (g)	6.2
Fiber (g)	3.3
Protein (g)	64.2
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 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.



3 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**.



4 Make sauce

Return the same pan, without washing it, to a medium heat. Add the {100/200/200} ml **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.

Tip! Add a splash of water if it looks too thick.



5 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**.



6 Serve

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