

9oz Fillet of Beef

with Roast Potatoes and Green Beans

hellóchef

Enjoy this stripped back version of a classic English roast dinner. We've stuck to the best bits only (yep, that's spuds, gravy and beef)!

Cals 808 • Prot 65 • Carbs 74 • Fat 31

Gourmet

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🕒 cook: 45 min

R2551



Before you start

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

Ingredients

Steaks and sides	2 ppl	3 ppl	4 ppl	
Fillet steak	500	750	1000	Grams
Potatoes	600	900	1200	Grams
Green beans	250	375	500	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Fresh thyme	10	20	20	Grams
Gravy				
Shallots	2	3	4	Piece
Butter 4*	30	50	50	Grams
Plain flour 10*, 11*	15	20	30	Grams
Water	200	300	400	ML
Beef stock cube 4*, 5*, 9*, 11*, 15*	1	1	2	Piece
Wholegrain mustard 13*	15	22	30	Grams
Black pepper	0.5	1	1	Tsp
Honey	15	15	15	Grams

Allergens

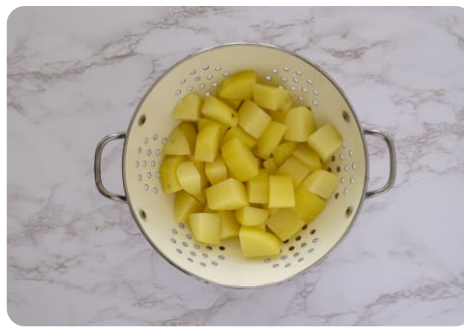
*4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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)	3375 / 808
Fat (g)	30.5
of which saturates (g)	14.9
Carbohydrate (g)	74
of which sugars (g)	18.2
Fiber (g)	14.3
Protein (g)	65
Salt (g)	4.2

*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 potatoes

Preheat the oven to 200°C/180°C fan. Peel the **potatoes** and chop any large ones in half. Add them to a pot of boiling salted water and cook over a high heat for 10 min or until fork-tender. Once tender, drain and leave to steam dry for 5 min.

Tip! For extra crispy potatoes, shake them around in a colander to fluff up the edges before roasting!



2 Prep

Meanwhile, trim the **green beans**. Peel and finely slice the **shallots**.



3 Roast potatoes

Add the cooked **potatoes** to a baking tray (see pro tip). Drizzle with a generous amount of **vegetable oil**. Roast for 25–30 min. Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**.



4 Fry steak

Once the **potatoes** have been in the oven for 15 min, heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 3 min on each side. Place the **steaks** with the **potatoes**. Top the **steaks** with the whole **thyme** sprigs. 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.



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.



6 Make gravy

Return the pan to a medium heat with a splash of water. Add the **butter** and **shallots**. Cook for 3 min. Add the **flour** and stir for 1 min. Whisk in the **measured water, stock cube, mustard, crack of black pepper** and **honey**. Cook for 2–3 min until thickened. Discard the **thyme**. Slice the **beef** and return any meat juices to the **gravy**. Serve with the **green beans** and **potatoes**.