

Tenderloin Fillet Steak with Chimichurri

Sweet Potato Chips and Buttered Mushrooms

hellóchef

Chimichurri is a classic Argentinian sauce which is commonly served with steak, isn't cooked and is flavoured with raw herbs and garlic.

Cals 856 • Prot 61 • Carbs 68 • Fat 38

Gourmet

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

🕒 cook: 40 min

R2554



Before you start

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

Ingredients

Steak & mushrooms	2 ppl	3 ppl	4 ppl	
Grass-fed fillet steak	500	750	1000	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Chestnut mushrooms	250	500	500	Grams
Soy sauce 9* , 10* , 11*	10	20	20	ML
Butter 4*	50	100	100	Grams

Sweet potatoes

Sweet potatoes	600	800	1200	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp

Chimichurri

Small red chilli	1	1	2	Piece
Fresh coriander	15	30	30	Grams
Fresh parsley	15	30	30	Grams
Garlic cloves	1	1	2	Piece
Water	30	45	60	ML
Salt	0.5	1	1	Tsp
Olive oil	4	6	8	Tbsp
Red vinegar	22	30	45	ML
Dried oregano	2	2	4	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *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)	3568 / 856
Fat (g)	38.3
of which saturates (g)	19.4
Carbohydrate (g)	68
of which sugars (g)	14.3
Fiber (g)	10.9
Protein (g)	61.2
Salt (g)	1.7

*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 chips

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into **chips**. Add the **chips** to a large baking tray. Drizzle with **vegetable oil** and sprinkle with the **salt**. Roast for 30 min or until golden and crisp.



2 Prep chimichurri

Meanwhile, finely chop the **red chilli (spicy!)**, **coriander** and **parsley**, including the stalks. Peel and finely chop the **garlic**. Add the lot in a large bowl with the **measured water, salt, olive oil, red vinegar** and **dried oregano**.

Tip! Make the chimichurri a day ahead to allow the flavours to intensify!



3 Fry steak

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. Reserve the pan.



4 Fry mushrooms

Return the pan to a medium-high heat with a drizzle of **vegetable oil**. Once hot, tear the **chestnut mushrooms** into the pan. Fry for 5 min until starting to crisp. Once starting to crisp, add the **soy sauce** and **butter** and cook for 1 min further.



5 Serve

Serve the **mushrooms** over the rested **steaks** with the **sweet potato wedges** and **chimichurri sauce** to the side.