

Tenderloin Fillet Steak au Poivre

with Green Beans

hellóchef

We love this French classic for its simplicity in both flavour and preparation.

Cals 869 • Prot 65 • Carbs 63 • Fat 43

Gourmet

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🕒 cook: 35 min

R2582



Before you start

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

Ingredients

Steak	2 ppl	3 ppl	4 ppl	
Grass-fed fillet steak	500	750	1000	Grams
Black peppercorns	5	5	10	Grams
Salt	1	2	2	Tsp
Vegetable oil	2	3	4	Tbsp
Shallots	1	2	2	Piece
Plain flour 10*, 11*	10	15	20	Grams
Water	150	225	300	ML
Soy sauce 9*, 10*, 11*	20	30	40	ML
Capers	20	30	40	Grams
Sour cream 4*	60	90	120	Grams
Garlic beans				
Green beans	250	375	500	Grams
Fresh chives	15	15	15	Grams
Garlic butter 4*	50	50	100	Grams
Fries				
Potatoes	600	900	1200	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	2	Tsp

Allergens

*10 Wheat, *11 Gluten, *9 Soya, *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)	3639 / 869
Fat (g)	42.6
of which saturates (g)	22.1
Carbohydrate (g)	63
of which sugars (g)	12.9
Fiber (g)	13.4
Protein (g)	65.2
Salt (g)	3.2

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



1 Bake fries

Remove the **steaks** and **butter** from the fridge. Preheat oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** until coated. Bake for 30 min or until golden and crisp.



2 Coat steak

Meanwhile, crush the **black peppercorns** in a pestle and mortar and add them to a plate with a generous pinch of **salt**. Pat the **steaks** dry before turning them in the **pepper**. Press down firmly to make the **pepper** stick. Set aside.

Tip! Skip this step if you can't handle all the heat from the peppercorns!



3 Prep

Peel and finely slice the **shallots**. Trim the **green beans**. Finely chop the **chives**. Peel and mince the **garlic**. Mash the **chives** and **garlic** with the **butter** - this is your **garlic butter**.



4 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. Once rested, season generously with **salt** and pepper. Reserve the pan and don't wash it.



5 Make sauce

Return the pan to a medium heat and, using a spatula, release any bits that may have stuck to bottom. Add the **shallots** and cook for 3 min. Add the **flour** and cook for 1 min. Add the **measured water, soy sauce, capers** and **sour cream**. Simmer for 2-3 min.



6 Cook green beans

Meanwhile, boil the **green beans** in pot of salted boiling water for 3-4 min until tender. Drain once tender, place in a serving bowl and top with the **garlic butter**. Serve alongside the **potatoes, cream sauce** and the rested **fillet steaks**.