

# Fillet Steak au Poivre

## with Green Beans

hellóchef

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

Cals 888 • Prot 66 • Carbs 64 • Fat 44

Gourmet

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🕒 cook: 30 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	
Fillet steak	500	750	1000	Grams
Black peppercorns	10	15	20	Grams
Salt	1	2	2	Tsp
Vegetable oil	2	3	4	Tbsp
Shallots	1	2	2	Piece
Plain flour <b>10*, 11*</b>	10	15	20	Grams
Water	150	225	300	ML
Soy sauce <b>9*, 10*, 11*</b>	20	30	40	ML
Capers	20	30	40	Grams
Sour cream <b>4*</b>	60	90	120	Grams
Garlic beans				
Green beans	250	375	500	Grams
Fresh chives	15	15	15	Grams
Garlic cloves	1	2	2	Piece
Butter <b>4*</b>	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)	3705 / 888
Fat (g)	44.3
of which saturates (g)	22.9
Carbohydrate (g)	64
of which sugars (g)	11.1
Fiber (g)	14.1
Protein (g)	66.2
Salt (g)	3.1

\*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 pepper!



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**.