

Tenderloin Fillet and Twice Baked Potatoes

with Tenderstem Broccoli and Garlic Butter

hellóchef

Enjoy this steakhouse classic in the comfort of your own home!

Cals 902 • Prot 70 • Carbs 34 • Fat 55

Gourmet

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🕒 cook: 60 min

R2646



Before you start

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

Ingredients

Steaks and butter	2 ppl	3 ppl	4 ppl	
Grass-fed fillet steak	500	750	1000	Grams
Garlic cloves	4	5	8	Piece
Butter 4*	50	50	100	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Potatoes				
Potatoes	450	600	900	Grams
Olive oil	1	2	2	Tbsp
Fresh chives	15	15	15	Grams
Sour cream 4*	60	90	120	Grams
Grated cheddar 4*	60	90	120	Grams
Grated orange cheddar 4*	60	90	120	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Side				
Tenderstem broccoli	150	225	300	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	0.5	Tsp

Allergens

*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)	3763 / 902
Fat (g)	54.8
of which saturates (g)	32.7
Carbohydrate (g)	34
of which sugars (g)	4.3
Fiber (g)	8.1
Protein (g)	69.8
Salt (g)	1.2

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



1 Roast potatoes

Preheat the oven to 220°C/200°C fan. Scrub the **potatoes** clean. Halve them (skins on) lengthwise. Add them to a large baking tray, cut side up. Drizzle with **oil** and season with **salt**. Roast for 30 min or until softened.



2 Prep butter

Meanwhile, remove the **steaks** from the fridge. Peel and mince the **garlic**. Add the **butter** and **garlic** to a small pan. Place the pan over a medium heat and allow the **butter** to melt. Leave to sizzle for 30 sec, then remove from the heat and keep covered until serving.



3 Make filling

After 30 min, remove the **potatoes** from the oven. Using a spoon, scoop out the majority of the softened **potato**, leaving some around the edges to hold the skins in shape. Mash the softened **potato** in a bowl and combine it with the chopped **chives**, **sour cream**, 3/4 of the **grated** cheese (both types) and **salt** and **pepper**.



4 Bake

Spoon the filling back into the **potato** skins. Sprinkle with the remaining **cheeses**. Trim the **broccoli** and add it to the tray along with the **potatoes**. Drizzle with **olive oil** and sprinkle with **salt**. Roast the **potatoes** and the **broccoli** in the oven for 10 min further.



5 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 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**.



6 Serve

Divide the twice baked **potatoes** and the roasted **broccoli** among plates. Add the **steaks**. Drizzle the **steaks** with the warm **garlic butter** and serve immediately.