

Steak with Caper Cream Sauce and Greens

hellóchef

The combination of juicy steak, creamy sauce and healthy greens is a classic for good reason.

Cals 480 • Prot 49 • Carbs 24 • Fat 23

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🕒 cook: 30 min

R2786

Before you start

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

Ingredients

Steaks	2 ppl	3 ppl	4 ppl	
Rump steak	400	600	800	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Sauce				
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Water	150	175	300	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	0.5	Tsp
Capers	20	30	40	Grams
Cooking cream 4*	100	200	200	ML
Greens				
Small zucchini	3	4	5	Piece
Green beans	250	375	500	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

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)	2005 / 480
Fat (g)	22.5
of which saturates (g)	12.7
Carbohydrate (g)	24
of which sugars (g)	9.3
Fiber (g)	6.7
Protein (g)	49.3
Salt (g)	3.4

*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

Remove the steaks from the fridge and set aside. Peel and finely chop the **shallots** and **garlic**. Chop the **zucchini** into chunky sticks. Boil the **measured water** and dissolve the [0.5/1/1] **chicken stock cube** in it.



2 Boil beans

Trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



3 Fry steaks

Pat the steaks dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the steaks and fry them for 2-4 min on each side 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**.



4 Make sauce

While the steaks are resting, return the pan to the heat with another drizzle of **oil**. Add the **shallots** and **garlic** and fry with a small pinch of **salt** for 2 min. Add the **capers** and the **stock** and cook for 2-3 min. Add the **cooking cream** and simmer until reduced to the desired consistency. Cover with a lid to keep warm.



5 Fry vegetables

Heat a second pan over a medium-high heat with a drizzle of **olive oil**. Add the drained **green beans** and the **zucchini** sticks. Stir-fry with a pinch of **salt** for 2 min.



6 Serve

Divide the **cream sauce** and the **vegetables** among plates. Slice the rested steaks and arrange the slices over the **sauce**. Serve immediately.