

Tenderloin Fillet Steak and Prawn Jambalaya

with Cajun Butter

hellóchef

Celery, bell pepper and onion make up the "holy trinity" of Cajun cooking. They form the base of our prawn jambalaya.

Cals 996 • Prot 77 • Carbs 83 • Fat 40

Gourmet

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🕒 cook: 35 min

R2794



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
Cajun spice	2	4	4	Grams
Olive oil	2	3	4	Tbsp
Butter 4*	50	100	100	Grams
Jambalaya				
Red onion	1	2	2	Piece
Celery	1	2	2	Piece
Yellow pepper	1	2	2	Piece
Tomatoes	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Fresh thyme	10	20	20	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Dried oregano	2	2	4	Grams
Chipotle powder	2	2	4	Grams
Long grain rice	150	225	300	Grams
Tomato paste	30	50	70	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Water	300	450	600	ML
Spring onion	40	60	80	Grams
Prawns 7*	200	350	400	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *7 Crustaceans

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)	4152 / 996
Fat (g)	39.8
of which saturates (g)	20.4
Carbohydrate (g)	83
of which sugars (g)	6.9
Fiber (g)	7.4
Protein (g)	76.6
Salt (g)	3.7

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



1 Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion**. Finely chop the **celery, peppers and tomatoes**. Peel and mince the **garlic**. Chop the **thyme** leaves roughly.



2 Saute vegetables

Heat a large pan with a lid over a medium-low heat with a generous drizzle of **oil**. Add the **onion, celery** and **pepper** with a pinch of **salt** and cook for 5 min until softened. Once softened, add the **garlic, thyme, dried oregano** and **chipotle (spicy!)** and fry for 1 min further.

Tip! Sensitive to spice? Leave out the chipotle powder.



3 Make jambalaya

Add the basmati **rice, tomatoes, tomato paste, chicken stock cube, measured water** and hot sauce. Give everything a good mix up and cover with a lid. Cook for 12-15 min until the **rice** is cooked.



4 Fry steak

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 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.



5 Cajun butter

Add the **cajun (spicy!)** and **butter** to the pan and cook for 1 min. Remove the pan from the heat and set aside. Once the **steaks** are cooked place them in the **cajun butter** to rest.



6 Serve

Meanwhile, finely slice the **spring onion**. When the **rice** is almost ready, add the **prawns and spring onions** to the pot and give everything a good mix up. Cover the **rice** with a lid and cook for a final 2-3 min or until the **prawns** are cooked through. Serve the **steak** alongside the **jambalaya**. Drizzle generously with the **cajun butter**.