

# Tenderloin Fillet Cheese Steak

## with Caramelised Onions, Garlic Mash and Peas

**hellóchef**

This hearty supper is worth every minute it takes to prepare!

Cals 949 • Prot 70 • Carbs 61 • Fat 49

**Gourmet**

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🕒 cook: 45 min

R2807



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	
Grass-fed fillet steak	500	750	1000	Grams
Mature cheddar 4*	60	90	120	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp

Mash				
Potatoes	600	900	1200	Grams
Garlic cloves	3	5	6	Piece
Butter 4*	50	100	100	Grams
Fresh chives	15	15	30	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp

Onion				
Brown onion	1	2	2	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Onion marmalade	28	28	56	Grams
Water	50	75	100	ML

Peas				
Green peas	250	375	500	Grams
Salt	0.5	0.5	1	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)	3955 / 949
Fat (g)	48.5
of which saturates (g)	25.8
Carbohydrate (g)	61
of which sugars (g)	18.1
Fiber (g)	12
Protein (g)	69.5
Salt (g)	1.9

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



1 Start mash

Preheat the oven to 200°C/180°C. Remove the **steaks** from the fridge. Peel and chop the **potatoes**. Add them to a pan of salted boiling **water**. Cook the **potatoes** over a medium heat for 15–20 min or until fully softened. Drain and leave to steam dry in a colander for 5 min.



4 Finish mash

Return the drained **potatoes** to the pan. Add the **garlic butter**. Mash until smooth. Season with **salt** and **pepper**. Add the **chives** to the mash. Keep warm.

**Tip!** Make sure to check the mash for salt before serving. Got fussy eaters? Prepare a batch of mash without the garlic or chives.



2 Prep

Meanwhile, peel and mince the **garlic** into a small bowl. Add the **butter**. Heat in the microwave for 30 secs or until melted. Grate the **mature cheddar**. Finely chop the **chives**.



5 Fry steaks

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 top with the **cheddar cheese**. 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**.



3 Caramelize onion

Peel and slice the **onions**. Heat a pan over a medium heat with a drizzle of **oil**. Fry the **onions** with a pinch of **salt** for 15 min until lightly browned. Add the sugar. Reduce the heat to low, cover with a lid and cook for 5 min further or until the **onions** have fully softened and caramelised. Keep warm.



6 Boil peas

Meanwhile, add the **green peas** to a pot with a pinch of **salt** and cover with boiling **water**. Cook the **peas** over a medium heat for 2 min until tender. Drain. Finish the rested **cheese steaks** with a grind of **black pepper** and the **caramelised onions**. Serve the **garlic mash** and **peas** to the side.