Tenderloin Fillet Cheese Steak

with Caramelised Onions, Garlic Mash and Peas

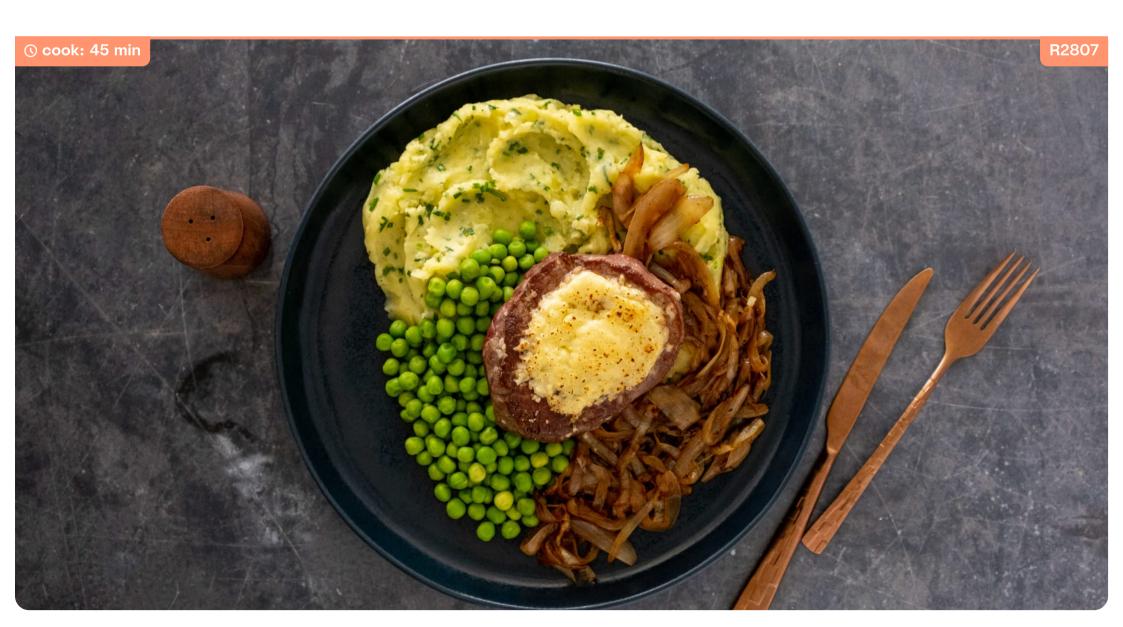
This hearty supper is worth every minute it takes to prepare!

hellóchef

Cals 949 • Prot 70 • Carbs 61 • Fat 49

Gourmet

hellochef.com • 04-825-44-00 • hello@hellochef.com



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.

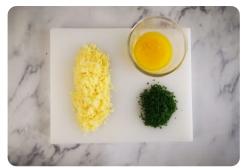
Nutritional information	Per Serving*
Energy (kJ/kcal)	3955 / 949
Fat (g)	48.5
of which saturates (g)	25.8
Carbohydrate (g)	61
of which sugars (g)	18.1
Fiber (g)	12
Protein (g)	69.5
Salt (g)	1.9

^{*}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.



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**.



3 Caramelise 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.



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.



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**.



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.