

# Tenderloin Fillet Steaks

## with Crispy Crushed Potatoes and Dijonnaise

hellóchef

Dijonnaise is as quick to prepare as it is delicious. Traditionally served with chicken, we think it might taste even better with beef!

Cals 986 • Prot 66 • Carbs 69 • Fat 51

Gourmet

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

🕒 cook: 40 min

R2872





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
Shallots	1	1	2	Piece
Fresh chives	15	15	30	Grams
Fresh parsley	15	15	30	Grams
Capers	20	20	40	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Butter 4*	20	30	50	Grams
Cooking cream 4*	200	200	400	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Red vinegar	15	15	30	ML
Dijon mustard 13*	12	12	24	Grams
Sides				
New potatoes	500	750	1000	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tenderstem broccoli	150	225	300	Grams

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery, \*13 Mustard

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)	4099 / 986
Fat (g)	50.7
of which saturates (g)	29.6
Carbohydrate (g)	69
of which sugars (g)	11.6
Fiber (g)	9.6
Protein (g)	65.6
Salt (g)	4.1

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



1 Boil potatoes

Preheat the oven to 200°C/180°C fan. Thoroughly wash the **potatoes**. Halve them. Cook them in a pot of salted boiling water for 12-15 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



2 Prep

Meanwhile, peel and finely chop the **shallots**. Finely chop the **chives**, **parsley** and **capers**.



3 Crush potatoes

Once the **potatoes** are ready, place them on a baking tray. Drizzle generously with **oil**, crush with a fork and season with **salt**. Bake in the oven for 20 min until crisp.



4 Fry steak

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. Transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**. Reserve the pan.

**Tip!** Why not cook the steaks on the grill/barbecue/braai?



5 Boil broccoli

Meanwhile, trim the **tenderstem broccoli** and cook it in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



6 Make sauce

Return the **steak** pan to a medium-low heat with the **shallots** and **butter**. Fry for 2-3 min. Add the **cooking cream**, {0.5/0.5/1} **stock cube** and **vinegar** and simmer for 3 min. Add the **capers**, **parsley**, **chives**, **Dijon** and simmer for 1 final min. Serve the rested **steak** over the **sauce** with the **potatoes** and **broccoli** on the side.