

Steak Diane with Garlicky Potato Mash and Tarragon Carrots

hellóchef

Steak Diane is an American classic which is traditionally flambeed at the table. Feel free to skip that part!

Cals 1034 • Prot 70 • Carbs 81 • Fat 50

Gourmet

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🕒 cook: 45 min

R2913



Before you start

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

Ingredients

Steak and sauce	2 ppl	3 ppl	4 ppl	
Fillet steak	500	750	1000	Grams
Shallots	1	1	2	Piece
Garlic cloves	4	5	6	Piece
Chestnut mushrooms	250	500	500	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Water	100	150	200	ML
Chicken stock cube 4* , 5* , 9* , 15*	0.5	1	1	Piece
Worcestershire sauce 6* , 11*	15	22	30	ML
Dijon mustard 13*	6	9	12	Grams
Black pepper	1	1	2	Tsp
Mash				
Potatoes	600	900	1200	Grams
Butter 4*	20	50	50	Grams
Cooking cream 4*	200	200	400	ML
Salt	0.5	0.5	1	Tsp
Fresh chives	15	15	15	Grams
Carrots				
Carrot	3	5	6	Piece
Salt	0.5	0.5	0.5	Tsp
Fresh tarragon	15	15	15	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten, *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)	4307 / 1034
Fat (g)	50.2
of which saturates (g)	29.1
Carbohydrate (g)	81
of which sugars (g)	22.1
Fiber (g)	16.5
Protein (g)	69.9
Salt (g)	2.6

*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 220°C/200°C fan. Peel and chop the **potatoes**. Add the **potatoes** to a pot of salted boiling water. Boil for 20 min or until soft. Meanwhile, peel the **carrots** and chop them into sticks. Add the **carrots** to a baking tray. Drizzle with **oil** and **salt**. Bake for 15 min. Chop the **tarragon**. Once done, add the **tarragon** and half the **butter** to the **carrots** and toss.



2 Prep sauce

Meanwhile, peel and chop the **shallots**. Peel and mince the **garlic** (use half for sauce, half for mash). Clean the **mushrooms** with kitchen paper or a cloth (do not wash) and slice them.



3 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 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. Reserve the pan.

Tip! Slightly under cook the steaks when you're frying them in this step. Rest, then cook to perfection in the sauce (step 6).



4 Make sauce

Return the pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** and fry for 5 min. Add the **shallots** and **garlic** and a pinch of **salt** and fry for 2 min further. Add the **measured water, stock cube, Worcestershire sauce**, half the **cream** and **mustard**. Simmer for 5 min or until thickened.



5 Finish mash

Drain the **potatoes** and return them to the pan. Add the remaining **cream, garlic** and **butter**. Mash until smooth. Season generously with **salt**. Chop the **chives** and add them to the **mash**. Keep covered.



6 Serve

Season the **steaks** with a crack of **black pepper**. Serve the **steaks, sauce** and **carrots** with the **mash**.