

Tenderloin Fillet Steak Diane with Garlicky Potato Mash

and Parsley Carrots

hellóchef

Cals 1040 • Prot 70 • Carbs 81 • Fat 51

Gourmet

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

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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 | |
|---|-------|-------|-------|-------|
| Grass-fed 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* | 1 | 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 parsley | 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) | 4329 / 1040 |
| Fat (g) | 50.6 |
| of which saturates (g) | 29.6 |
| Carbohydrate (g) | 81 |
| of which sugars (g) | 22.1 |
| Fiber (g) | 16.8 |
| Protein (g) | 69.9 |
| Salt (g) | 3.8 |

*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**, **[0.5/1/1] chicken 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**.