

Steak with Garlic Parsley Butter

Cauliflower Mash and Caramelised Onions

hellóchef

Enjoy this classic low-carb supper!

Cals 629 • Prot 47 • Carbs 23 • Fat 39

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



🕒 cook: 35 min

R2962

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	
Rump steak	400	600	800	Grams
Fresh parsley	15	15	15	Grams
Garlic cloves	1	1	2	Piece
Butter 4*	50	50	100	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp

Mash				
Cauliflower	400	600	800	Grams
Cream cheese 4*	80	120	160	Grams
Salt	0.5	1	1	Tsp

Caramelised onions				
Brown onion	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Brown sugar	5	8	10	Grams

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)	2619 / 629
Fat (g)	39.1
of which saturates (g)	22.9
Carbohydrate (g)	23
of which sugars (g)	13
Fiber (g)	6
Protein (g)	47.4
Salt (g)	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 Prep

Bring a large pot of salted water to a boil. Chop the **cauliflower** into small florets. Add the **cauliflower** and cook, covered, for 10-12 min until soft. Finely chop the **parsley**. Peel and mince the **garlic**. Peel and finely slice the **onion**.



2 Caramelize onion

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onions** with a pinch of **salt** and fry for 5 min until browned. Reduce the heat to medium-low, cover with a lid and cook, stirring occasionally, for 15 min further or until the **onions** have fully softened. Add the **sugar** and cook for 3 min or until caramelised. Transfer the **onions** to a bowl and keep warm. Reserve the pan.



3 Make garlic butter

Meanwhile, add the **butter** to a small bowl. Heat the **butter** in the microwave until melted (or, in a small pot on the stove). Add the **garlic** and {1/1/2} tbsp of the chopped **parsley** to the **butter** (save the rest for serving).

Tip! Add half of the raw garlic to the butter if you find the taste too punchy.



4 Fry steaks

Pat the **steaks** dry with kitchen paper. Return the pan to a high heat with a drizzle of **oil**. Once very hot, add the **steaks** and fry them for 3-4 min on each side or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 5-10 min. Once rested, season generously with **salt** and **pepper**.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.



5 Make mash

Meanwhile, once soft, drain the cooked **cauliflower** and add it to a food processor with the **cream cheese**. Blitz until smooth. Season well with **salt**. Keep covered until serving.

Tip! This mash needs a lot of seasoning! Make sure to taste as you go.



6 Serve

Slice the rested **steaks**. Divide the **cauliflower mash** and **steaks** among plates. Drizzle with the **garlic parsley butter** and top with the **caramelised onions**. Serve immediately. Garnish with the remaining **parsley**.