

Tenderloin Fillet Steak with Broccolini, Roasted New Potatoes and Green Peppercorn Sauce

hellóchef

Cals 843 • Prot 66 • Carbs 68 • Fat 36

Gourmet

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🕒 cook: 45 min

R3136



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
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Roast potatoes				
New potatoes	500	750	1000	Grams
Salt	1	1	2	Tsp
Vegetable oil	1	2	2	Tbsp
Dried thyme	2	2	4	Grams
Broccolini				
Salt	0.5	0.5	2	Tsp
Tenderstem broccoli	150	225	300	Grams
Sauce				
Garlic cloves	2	2	4	Piece
Green peppercorns	15	20	30	Grams
Onion powder	2	2	5	Grams
Beef stock 15*	150	150	300	ML
Worcestershire sauce 6*, 11*	15	22	30	ML
Cooking cream 4*	150	200	200	ML
Salt	0.5	0.5	1	Tsp

Allergens

*15 Celery, *6 Fish, *11 Gluten, *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)	3510 / 843
Fat (g)	35.6
of which saturates (g)	19
Carbohydrate (g)	68
of which sugars (g)	8.8
Fiber (g)	9.8
Protein (g)	65.5
Salt (g)	0.9

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



1 Prep

Preheat the oven to 200°C/180°C fan. Peel and chop the **potatoes** into bite-size pieces. Add them to a pan of boiled water with a generous pinch of **salt**. Cook the **potatoes** over a medium heat for 5 min. Drain (reserve the pot). Meanwhile, trim the broccolini. Peel and mince the **garlic**.



2 Roast potatoes

Place the **potatoes** onto a baking tray and generously drizzle with **oil**. Add the **dried thyme** and a pinch of **salt**. Toss. Roast for 25 min.



3 Fry steak

Meanwhile, 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.



4 Boil Tenderstem broccoli

Meanwhile, return the potato pot to a high heat and fill with water. Once boiling, add the **Tenderstem broccoli** with a pinch of **salt** and cover with a lid. Cook for 5 min or until tender-crisp.



5 Peppercorn sauce

Return the **steak** pan to a medium heat with a drizzle of **oil**. Add the **garlic, green peppercorns** and **onion powder**. Cook for 1 min. Add the **beef stock, Worcestershire** and **cooking cream**. Season with **salt** and cook for 5-7 min or until thickened.



6 Serve

Divide the roasted **potatoes** and **Tenderstem broccoli** among plates. Place the **steak** beside the vegetables and spoon over the **sauce**.