

Tenderloin Fillet Steak with Potato Corn Cakes and Broccolini

This recipe pairs crispy corn cakes with tender fillet steak.

Cals 852 • Prot 70 • Carbs 48 • Fat 43

Gourmet

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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
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Chicken jus 15*	150	300	300	ML
Worcestershire sauce 6*, 11*	15	22	30	ML
Butter 4*	30	50	50	Grams

Corn cakes

Potatoes	300	450	600	Grams
Salt	1	1	2	Tsp
Sweet corn kernels	145	145	290	Grams
Spring onion	40	60	80	Grams
Grated orange cheddar 4*	60	90	120	Grams
Garlic onion powder	4	4	8	Grams
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	2	2	Tbsp

Sides

Tenderstem broccoli	150	225	300	Grams
Smoked sea salt	2	2	4	Grams

Allergens

*15 Celery, *6 Fish, *11 Gluten, *4 Milk, *10 Wheat, *12 Lupin

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)	3560 / 852
Fat (g)	42.6
of which saturates (g)	25.9
Carbohydrate (g)	48
of which sugars (g)	8.5
Fiber (g)	7.3
Protein (g)	69.5
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 Boil

Preheat the oven to 200°C/180°C fan. Remove the **steaks** from the refrigerator. Peel and chop the **potatoes** into bite-size pieces. Add them to a pan of boiling water with a generous pinch of **salt**. Cook the **potatoes** for 15 min or until soft. Drain the **potatoes** and return them to the pan. Mash until smooth. Meanwhile, drain the **corn**. Chop the **spring onion**.



2 Make corn cakes

Add the **spring onion, cheddar cheese, garlic onion powder, salt, panko bread crumbs, black pepper** and **corn** to the mashed **potatoes**. Fold until combined. Shape into {6/9/12} patties. Refrigerate.

Tip! Don't overwork the corn cake dough or it will become gloopy!



3 Fry steaks

Pat the **steaks** dry with kitchen paper, rub them with **vegetable oil** and season with **salt**. Heat a pan over a high heat. Once very hot, add the **steaks** and fry 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 (reserve the pan). Transfer the **steaks** to a plate and leave them to rest for 10 min.



4 Pan sauce

Meanwhile, return the pan to a high heat. Add the **chicken jus** and **Worcestershire sauce** and simmer for 5 min or until reduced by half. Remove from the heat and add the salted **butter**. Whisk.

Tip! Adding a knob of cold butter to a sauce at the very end, helps it thicken and adds extra shine!



5 Fry corn cakes

Meanwhile, heat a second pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **potato corn cakes** and fry for 3 min on each side until golden.



6 Serve

Meanwhile, cook the **tenderstem broccoli** in salted boiling water for 5 min or until tender. Drain once cooked. Plate the rested **steaks, tenderstem broccoli** and **potato corn cakes**. Drizzle with the **pan sauce** and season with the **smoked salt**.