

Fillet Steak with Avocado Béarnaise

Shoestring Fries and Bistro Salad

hellóchef

Bearnaise is the cousin of hollandaise sauce, and is flavoured with tarragon and shallots.

Cals 1072 • Prot 69 • Carbs 71 • Fat 61

Gourmet

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🕒 cook: 50 min

R3328



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	
Fillet steak	500	750	1000	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Fries				
Potatoes	600	900	1200	Grams
Vegetable oil	4	6	8	Tbsp
Salt	0.5	0.5	1	Tsp
Bearnaise				
Fresh tarragon	15	22	30	Grams
Avocado	1	1	2	Piece
Shallots	1	1	2	Piece
Butter 4*	50	50	100	Grams
Red vinegar	15	22	30	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Chicken jus 15*	150	150	300	ML
Organic Eggs 5*	1	1	2	Piece
Salad				
Lemon	1	1	1	Piece
Olive oil	2	3	4	Tbsp
Wholegrain mustard 13*	15	22	30	Grams
Honey	15	15	30	Grams
Lollo salad mix	100	200	200	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *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)	4471 / 1072
Fat (g)	60.7
of which saturates (g)	23.8
Carbohydrate (g)	71
of which sugars (g)	13.7
Fiber (g)	19.8
Protein (g)	69
Salt (g)	4

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



1 Fries

Preheat the oven to 200°C/180°C fan. Remove the **steaks** from the fridge. Slice the **potatoes** (skins on) into very thin **fries**. Add the **fries** to a large baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** in the **oil** until fully coated. Bake for 30 min or until golden and crisp.



2 Prep

Meanwhile, pick the **tarragon** leaves. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Juice the **lemons**. Chop the **shallots** very finely .



3 Fry steak

Pat the **steaks** dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the **steaks** and fry them for 2-4 min on each side. Place on a baking tray and finish them in the oven for 4-6 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



4 Make reduction

Meanwhile, heat a saucepan over a medium heat. Add the **butter** and **shallots** and cook for 3 min until softened. Add the **red vinegar, stock cube** and the **chicken jus**. Cook for 2 min until the **chicken jus** has melted. This is your **reduction**.



5 Blend

Separate the **egg** yolks from the whites. Add the yolks to a food processor, discard the whites. Add the **tarragon, avocado** and the **reduction**. Blitz until silky smooth. Season with **pepper**. This is your **avocado bearnaise**.



6 Serve

In a large salad bowl, combine the **olive oil, wholegrain mustard, honey** and {1/2/2} tbsp **lemon** juice. Whisk. Toss the **lollo** leaves through, Once the **steaks** have rested, plate them alongside the **fries, salad** and **avocado bearnaise**.