

Tenderloin Fillet Steak with Portabello Mushrooms and Garlic Butter

hellóchef

Cals 820 • Prot 68 • Carbs 56 • Fat 39

Gourmet

Tender fillet steak with crispy roasted potatoes and garlic butter? Yes please!

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🕒 cook: 45 min

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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	1	2	Tbsp
Flaky sea salt	2	2	4	Grams
Black pepper	0.5	1	1	Tsp
Sides				
Potatoes	600	900	1200	Grams
Vegetable oil	1	1	2	Tbsp
Potato Seasoning	4	5	8	Grams
Portabello mushroom	2	4	4	Piece
Tomatoes	1	2	2	Piece
Thick asparagus	250	375	500	Grams
Garlic butter				
Garlic cloves	2	4	4	Piece
Butter 4*	50	100	100	Grams
Fresh thyme	10	10	10	Grams
Salt	0.25	0.25	0.25	Tsp

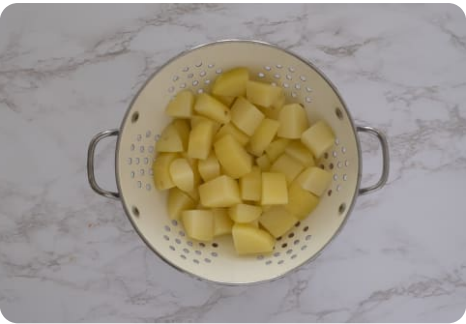
Allergens

*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)	3418 / 820
Fat (g)	38.5
of which saturates (g)	19.4
Carbohydrate (g)	56
of which sugars (g)	7
Fiber (g)	12.7
Protein (g)	68
Salt (g)	0.6

*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 fridge. Peel the **potatoes** into bite-sized pieces. Add them to a pot of boiling salted water and cook over a high heat for 5 min. Drain and leave to steam dry for 5 min.



2 Bake

Once dried, add the cooked **potatoes** to a baking tray. Drizzle with a generous amount of **vegetable oil** and sprinkle with **salt**. Bake for 25-30 min or until crispy and fork tender.



3 Prep

Meanwhile, add the whole **mushrooms**, flat-side down, to a second baking tray. Drizzle with **oil**, season with **salt** and bake for 10 min. Halve the **tomatoes**. Trim the **asparagus**. Peel and mince the **garlic**. Pat the **steaks** dry with kitchen paper.



4 Steak

Rub the **steaks** 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. Add the **steaks, asparagus** and **tomatoes** to the **mushroom** tray and bake for 8-10 min further or until the **steaks** are cooked to your liking. Transfer the **steaks** to a plate and leave them to rest. Reserve the pan.



5 Garlic butter

Return the pan to a medium heat. Once hot, add the **butter, garlic** and whole **thyme** sprigs. Cook for 3 min. Season with **salt** and **pepper**.

Tip! Time permitting, return the steaks to the garlic-thyme butter and baste them over a medium heat for 1 min on each side



6 Serve

Season the rested **steaks** generously with the **flaky salt** and **pepper**. Serve the **steak** alongside the crispy **potatoes, mushrooms, asparagus** and **tomatoes**. Drizzle the lot with the **garlic thyme butter**.