

9oz Fillet Steak with Portabello Mushrooms

and Garlic Butter



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

Cooking Time: 45 min | Gluten-Free
Cals 1085 | Prot 75 | Carbs 58 | Fat 64

Tips For Fussy Eaters

Keep the thyme sprigs whole rather than chopping them up - it'll make fishing them out later on infinitely easier.

Pro Tip

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

Ingredients

For 2 For 3 For 4

Steak

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
Salt	0.5	1	1	Tsp
Portabello mushroom	2	4	4	Piece
Tomatoes	1	2	2	Piece
Thick asparagus	250	375	500	Grams

Garlic butter

Garlic cloves	3	4	6	Piece
Salted butter	50	100	100	Grams
Fresh thyme	10	10	10	Grams
Salt	0.5	1	1	Tsp



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**. (See pro tip!)



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**.



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