

Classic Steak, Chips and Green Beans

with Creamy Sauce

hellóchef

This classic supper is sure to be a winner!

Cals 591 • Prot 52 • Carbs 53 • Fat 19

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🕒 cook: 35 min

R3362



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	
Rump steak	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Black pepper	0.5	1	1	Tsp
Water	100	150	200	ML
Cream cheese 4*	80	120	160	Grams
Onion marmalade	28	28	56	Grams
Soy sauce 9*, 10*, 11*	10	10	20	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Chips				
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Side				
Green beans	150	250	375	Grams
Flaky sea salt	2	2	4	Grams

Allergens

*4 Milk, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *15 Celery

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)	2476 / 591
Fat (g)	19
of which saturates (g)	10.1
Carbohydrate (g)	53
of which sugars (g)	15.1
Fiber (g)	9.8
Protein (g)	52.1
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 Chips

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



2 Prep

Meanwhile, trim the **green beans**.



3 Fry steak

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 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 **pepper**.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.



4 Sauce

Meanwhile, remove the pan from the heat and add the **measured water**. Add the **cream cheese, onion marmalade, soy sauce** and {0.5/1/1} **stock cube** and return the pan to a medium heat. Add a crack of **black pepper** and simmer for 5 min until thickened.



5 Green beans

Meanwhile, cook the **green beans** in a pan of salted boiling water for 4 min until tender. Drain.



6 Serve

Once rested, plate the **steaks** alongside the **chips** and **green beans**. Top the **steaks** with the creamy **sauce**. Sprinkle the **chips** and **beans** with the **flaky sea salt**.