

Tenderloin Fillet Steak with Baked Asparagus Cheese and Cherry Tomatoes

hellóchef

Cals 692 • Prot 70 • Carbs 24 • Fat 36

Move over cauliflower, cheese has a new vegetable friend!

Gourmet

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 45 min

R3437



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
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Asparagus cheese				
Thin asparagus	250	375	500	Grams
Organic Eggs 5*	1	1	2	Piece
Parmesan 4*	30	45	60	Grams
Butter 4*	20	20	50	Grams
Plain flour 10*, 11*	20	20	50	Grams
Whole milk 4*	200	200	400	ML
Dijon mustard 13*	6	6	12	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
To serve				
Cherry tomatoes	250	300	500	Grams
Flaky sea salt	2	2	4	Grams
Olive oil	1	1	2	Tbsp

Allergens

*5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *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)	2891 / 692
Fat (g)	35.7
of which saturates (g)	17.6
Carbohydrate (g)	24
of which sugars (g)	11.7
Fiber (g)	4.8
Protein (g)	70.4
Salt (g)	1.7

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



1 Prep

Preheat the oven to 220°C/200°C fan. Remove the **steaks** from the fridge. Trim the woody ends off the **asparagus**. Separate the **egg** yolk and discard the whites (or save the whites for an omelette!). Grate the **Parmesan**.



2 Blanch asparagus

Bring a large pot of salted water to the boil. Add the **asparagus** and cook for 1 min. Drain immediately and rinse under cold water. Transfer to a baking dish.



3 Fry steak

Meanwhile, pat the **steaks** dry, rub them with **oil** and season with **salt**. Heat a pan over a high heat. Once hot, add the **steaks** and fry them for 3 min on each side. Place on a baking tray alongside the **cherry tomatoes** and finish cooking them in the oven for 8-10 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 5-10 min.



4 Make sauce

Heat a saucepan over a medium heat. Add the **butter** and **flour** and cook, stirring, for 1 min or until a sandy paste has formed. Gradually whisk in the **milk** and cook for 3-5 min further or until the **sauce** has thickened. Remove from the heat and whisk in the **mustard**, half of the **Parmesan** and the **egg** yolk. Season with **salt** and **pepper**.



5 Bake asparagus

Once the **steaks** are out of the oven, pour the **sauce** over the **asparagus** and top with the remaining **Parmesan**. Bake for 10 min or until the **cheese** is golden.



6 Serve

Once rested, season the **steak** generously with **salt** and **pepper**. Serve alongside the **asparagus cheese** and roasted **cherry tomatoes**. Sprinkle everything with the **flaky sea salt**.