

# 9oz Fillet Steak with Baked Asparagus Cheese and Cherry Tomatoes

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Move over cauliflower, cheese has a new vegetable friend!

Cals 997 • Prot 77 • Carbs 23 • Fat 62

Gourmet • Low-Carb



⌚ 45 min

R20



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
Black pepper	0.5	0.5	1	Tsp
Asparagus cheese				
Thin asparagus	250	375	500	Grams
Eggs	1	1	2	Piece
Parmesan	30	45	60	Grams
Salted butter	20	20	50	Grams
Plain flour	20	20	50	Grams
Whole milk	200	200	400	ML
Dijon mustard	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

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



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**.



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Pro 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.

Tips For Fussy Eaters

Serve theirs with roasted potatoes.