

Tenderloin Fillet Steak and Cheesy Spinach Dip

with Roasted Potato Discs and Asparagus

hellóchef

Enjoy this delicious steak served with an irresistible cheesy dip, chips and lemony asparagus!

Cals 1009 • Prot 84 • Carbs 55 • Fat 53

Gourmet

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🕒 cook: 60 min

R3448



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Steak and fries	2 ppl	3 ppl	4 ppl	
Grass-fed fillet steak	500	750	1000	Grams
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Spinach dip				
Spinach	200	300	450	Grams
Gruyere 4*	60	90	120	Grams
Sour cream 4*	60	90	120	Grams
Cream cheese 4*	80	120	160	Grams
Grated mozzarella 4*	60	90	120	Grams
Asparagus				
Thin asparagus	250	375	500	Grams
Butter 4*	10	20	20	Grams
Lemon	1	1	1	Piece

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)	4218 / 1009
Fat (g)	53
of which saturates (g)	28.7
Carbohydrate (g)	55
of which sugars (g)	9.6
Fiber (g)	13.8
Protein (g)	84.2
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 Potatoes and spinach

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** into 0.5cm thin discs. Add them to a large, lined, baking tray with a generous drizzle of **oil** and a generous pinch of **salt**. Bake for 30 min. Meanwhile, boil a kettle. Add the **spinach** to a colander. Pour the boiled water over the **spinach** until wilted. Allow it to cool slightly. Squeeze out all of the excess water.



2 Blend

Grate half the **Gruyere** into a food processor, add the **cream cheese**, a pinch of **salt**, the **sour cream**, **spinach** and half of the **mozzarella cheese**. Blitz. Transfer the lot to an oiled baking dish and sprinkle the remaining **mozzarella**. Grate the remaining **Gruyere** over the top.



3 Bake

Bake the **spinach dip** for 20 min until bubbly and beginning to brown on top.



4 Fry steak

Meanwhile, 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. Place on a baking tray 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 10 min.



5 Asparagus

Meanwhile, rinse the **asparagus** and remove its woody stems. Cook the **asparagus** in a pot of salted boiling water for 3-4 min or until tender. Drain once tender. Transfer the **asparagus** to a bowl and top with the salted **butter**. Wash the **lemon** thoroughly and grate its zest, with a fine blade, directly onto the **asparagus**.



6 Serve

Once rested, season the **steaks** generously with **salt** and **pepper**. Once the **spinach dip** is baked, set it aside to cool for 5 min. Serve the **steaks** and **spinach dip** with the **potato discs** and **asparagus** to the side.