

# 9 oz Beef Fillet with Potato Dauphinoise and Tenderstem Broccolini

**hellóchef**

Potato dauphinoise is a French dish made from sliced potatoes which are baked in milk or cream.

Cals 1166 • Prot 84 • Carbs 50 • Fat 70

**Gourmet**

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 60 min

R3531



Before you start

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

Ingredients

Steaks	2 ppl	3 ppl	4 ppl	
Fillet steak	500	750	1000	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Chicken jus <b>15*</b>	150	300	300	ML
Butter <b>4*</b>	20	30	50	Grams
Dauphinoise				
Cooking cream <b>4*</b>	200	200	400	ML
Whole milk <b>4*</b>	200	200	400	ML
Garlic onion powder	4	4	8	Grams
Chicken stock cube <b>4*, 5*, 9*, 15*</b>	1	1	2	Piece
Black pepper	0.5	0.5	1	Tsp
Parmesan <b>4*</b>	45	90	120	Grams
Potatoes	600	900	1200	Grams
Grated cheddar <b>4*</b>	60	90	120	Grams
Tenderstem				
Tenderstem broccoli	150	225	300	Grams
Salt	0.5	0.5	1	Tsp

Allergens

\*15 Celery, \*4 Milk, \*5 Eggs, \*9 Soya

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)	4857 / 1166
Fat (g)	70
of which saturates (g)	45.1
Carbohydrate (g)	50
of which sugars (g)	12.1
Fiber (g)	9.5
Protein (g)	84.4
Salt (g)	5.1

\*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 200°C/180°C fan. In a bowl, whisk together the **cream, milk, garlic onion powder, stock cube** and a crack of **black pepper**. Grate the **Parmesan**. Peel and slice the **potatoes** as thinly as possible.

**Tip!** To speed things up, use a mandolin to slice the potatoes.



2 Bake dauphinoise

To a baking dish, add 1/3 of the **potato** slices. Sprinkle with 1/3 of the **Parmesan**. Pour over 1/3 of the **cream** mixture. Continue layering until you run out. Press the top layer of the **potatoes** down with the back of a spoon. Cover the baking dish with tin foil and bake for 35-40 min or until the **potatoes** are cooked through.



3 Fry steak

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



4 Add cheese

Once the **potatoes** are cooked through, remove them from the oven. Top with the **cheddar cheese** and return to the oven, uncovered, for another 15 min or until the **cheese** is golden brown.

**Tip!** You can bake the dauphinoise 24 hours in advance. Cover and re-heat in a preheated oven for at least 20 min or until warm.



5 Pan sauce

Return the empty **steak** pan to a medium heat with the **chicken jus, butter** and a generous pinch of **salt**. Simmer for 3 min or until the **sauce** begins to thicken.



6 Serve

Slice the rested **steaks** and serve with the **dauphinoise** and **Tenderstem broccoli**. Drizzle with the **pan sauce**.