

Tenderloin Fillet Steak with Cauliflower Cheese

Tenderstem Broccoli and Gravy

hellóchef

Cauliflower cheese is a Christmas classic! We're serving ours with a tender fillet steak, rich gravy and Tenderstem broccoli.

Cals 1019 • Prot 80 • Carbs 44 • Fat 58

Gourmet

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🕒 cook: 30 min

R3538



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
Cauliflower cheese				
Cauliflower	400	600	800	Grams
Gruyere 4*	60	90	120	Grams
Butter 4*	50	50	100	Grams
Corn starch	20	30	30	Grams
Whole milk 4*	200	400	400	ML
Grated mozzarella 4*	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Gravy				
Plain flour 10*, 11*	20	30	50	Grams
Water	250	375	500	ML
Onion marmalade	28	28	56	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Beef stock cube 9*, 11*, 15*	1	1	2	Piece
To serve				
Tenderstem broccoli	150	225	300	Grams

Allergens

*4 Milk, *10 Wheat, *11 Gluten, *6 Fish, *9 Soya, *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)	4247 / 1019
Fat (g)	58.4
of which saturates (g)	31.6
Carbohydrate (g)	44
of which sugars (g)	20.7
Fiber (g)	7
Protein (g)	80.1
Salt (g)	5

*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. Chop the **cauliflower** into small florets. Grate the **gruyere**. Cook the **cauliflower** in a pot of salted boiling water for 4 min or until tender. Drain. Meanwhile, heat a pan or pot over a medium heat. Once hot, add half of the **butter** and the **corn starch**. Cook, stirring continuously, for 1 min or until a sandy paste has formed.



2 Bake cauliflower

Gradually whisk in the **milk** and cook for 3 min further or until the **sauce** has thickened. Add the **gruyere** and **mozzarella** and season well with **salt** and **pepper**. Place the drained **cauliflower** in a baking dish. Pour the **cheese sauce** over the **cauliflower** and give everything a good mix up. Bake for 20 min.

Tip! Using room temperature or slightly warm milk will help the sauce to thicken faster.



3 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 (reserve the pan!) and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



4 Boil broccoli

Meanwhile, cook the **broccoli** in lightly salted boiling water for 5 min or until tender. Drain once cooked.



5 Make gravy

Meanwhile, return the unwashed **steak** pan to a medium heat with the remaining **butter**. Add the **flour** and stir for 1 min. Gradually whisk in the **measured water**, **onion marmalade**, **Worcestershire sauce** and **beef stock cube**. Cook for 2-3 min until thickened. Season generously with **black pepper**. Set aside.



6 Serve

Serve the **steaks** alongside the **cauliflower cheese**, **gravy** and **Tenderstem broccoli**.