

Tenderloin Fillet Steak with Crushed Potatoes and Caprese Salad

hellóchef

Your favourite trinity? You can't go wrong with a tasty steak, crusted potatoes and parsley butter!

Cals 990 • Prot 72 • Carbs 68 • Fat 49

Gourmet

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🕒 cook: 45 min

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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
Crushed potatoes				
New potatoes	500	750	1000	Grams
Vegetable oil	1	1	2	Tbsp
Flaky sea salt	2	2	4	Grams
Caprese				
Cherry tomatoes	250	300	500	Grams
Mozzarella ball 4*	125	250	250	Grams
Fresh basil	15	15	30	Grams
Balsamic vinegar glaze 14*	20	30	40	ML
Butter				
Fresh parsley	15	15	15	Grams
Garlic cloves	1	1	2	Piece
Butter 4*	50	50	100	Grams

Allergens

*4 Milk, *14 Sulphur Dioxide

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)	4125 / 990
Fat (g)	49
of which saturates (g)	26.8
Carbohydrate (g)	68
of which sugars (g)	13
Fiber (g)	7.9
Protein (g)	71.8
Salt (g)	0.8

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



1 Boil potatoes

Preheat the oven to 220°C/200°C fan. Wash the **potatoes** and chop them in half. Cook them in a pot of salted boiling water for 15-20 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



2 Make butter

Meanwhile, finely chop the **parsley**. Peel and mince the **garlic**. Mash the **parsley** and **garlic** into the **butter** (use a fork). This is your **garlic butter**.

Tip! Warm the butter for 20 sec in the microwave if too hard.



3 Bake potatoes

Place the drained **potatoes** on a lined baking tray. Drizzle generously with **oil**, crush with a fork and season with **salt**. Bake, on the top shelf of the oven for 20 min until crisp.



4 Fry steak

Meanwhile, pat the **steaks** dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the **steaks** and fry them for 2-4 min on each side. Place on a baking tray and finish them in the oven for 4-6 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



5 Prep salad

Meanwhile, halve the **tomatoes**. Drain and finely slice the **mozzarella**. Pick the **basil** leaves.



6 Serve

Once done, divide the **potatoes** among plates. Top the **potatoes** with the **parsley garlic butter**. On a plate, alternately layer the **tomatoes** and **mozzarella** slices with the **fresh basil** leaves. Drizzle with the **balsamic glaze**. Serve the **steak** alongside and sprinkle with the **flaky sea salt**.