



Fillet Steak and Creamy Wild Mushroom Sauce with Fondant Potatoes and Roasted Carrots

32

Premium Plus 45-50 Minutes • 2 of your 5 a day



21 Day Aged
Fillet Steaks



Potatoes



Garlic Clove



Chicken Stock
Paste



Carrot



Wild Mushroom
Paste



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, frying pan, measuring jug, ovenproof dish and baking tray.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged Fillet Steaks**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Chicken Stock Paste	10g	15g	20g
Carrot**	3	4	5
Wild Mushroom Paste	15g	22g	30g
Creme Fraiche** 7)	75g	120g	150g

Pantry	2P	3P	4P
Butter*	30g	40g	60g
Boiled Water for the Stock*	250ml	375ml	500ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	781g 2942 /703	100g 377 /90
Fat (g)	35.0	4.5
Sat. Fat (g)	19.8	2.5
Carbohydrate (g)	61.7	7.9
Sugars (g)	15.1	1.9
Protein (g)	39.4	5.1
Salt (g)	2.19	0.28

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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1



Prep the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a half-full kettle.

Remove the **steaks** from your fridge to allow them to come up to room temperature. Peel and halve the **potatoes** lengthways. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay in the **potatoes**, cut-side down, and cook until browned, 4-5 mins.

Add the **butter** (see pantry for amount), then turn the **potatoes** over to brown the other side, 2-3 mins.

4



Mushroom Sauce Time

While everything roasts, pop the (now empty) frying pan back on high heat (no need to clean).

Pour in the **water for the sauce** (see pantry for amount) and bring to the boil.

Once boiling, stir in the **wild mushroom paste** until well combined. Simmer until thickened enough to coat the back of a spoon, 1-2 mins.

Stir in the **creme fraiche**, bring back to the boil, then remove from the heat. Taste and season with **pepper** if needed.

2



Cook your Fondants

Meanwhile, pour the **boiled water for the stock** (see pantry for amount) into a measuring jug with the **chicken stock paste** and **garlic**. Stir well.

Once browned, transfer the **potatoes** to an ovenproof dish, cut-side up, pouring over the **melted butter** from the pan. Pour in the **chicken stock** from your measuring jug. **TIP:** *The potatoes should fit snugly in the dish and the stock should cover the potatoes by three quarters - add a splash more water if needed.*

When the oven is hot, cook on the top shelf until the **potatoes** are tender and you can easily slip a knife through, 25-30 mins.

5



Fry the Steaks

Meanwhile, heat a drizzle of **oil** in another large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.

Once hot, lay in the **steaks** and fry until browned, 1-2 mins on each side.

Lower the heat to medium and cook for another 2-3 mins on each side if you want them medium-rare. **TIP:** *Cook for 1-2 mins extra on each side if you like it more well done.*

Once cooked, transfer to a plate, cover and allow to rest. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.*

3



Bring on the Carrots

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast on the middle shelf until tender, 20-25 mins. Turn halfway through.

6



Finish and Serve

When everything's ready, pour any **steak resting juices** into the **mushroom sauce**. Stir to combine and reheat until piping hot, adding a splash of **water** if needed.

Thinly slice your **fillet steaks** and transfer to your plates. Serve the **fondant potatoes** (discard the stock they were cooked in) and **roasted carrots** alongside.

Spoon the **mushroom sauce** over the **steak** to finish.

Enjoy!