



21 Day Aged Steak au Poivre and Truffle Chips with Red Wine Jus and Rocket Salad

Steak Night 30-35 Minutes

32



21 Day Aged British Sirloin Steaks



Potatoes



Red Wine Jus Paste



Cracked Black Pepper



Truffle Zest



Wild Rocket



Balsamic Glaze

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Sirloin Steaks**	2	3	4
Potatoes	450g	700g	900g
Red Wine Jus Paste 10 14	15g	22g	30g
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Truffle Zest	1 sachet	1½ sachets	2 sachets
Wild Rocket**	40g	60g	80g
Balsamic Glaze 14	12ml	18ml	24ml
Pantry	2P	3P	4P
Water for the Jus*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	518g	100g
Energy (kJ/kcal)	2266 /542	438 /105
Fat (g)	19.2	3.7
Sat. Fat (g)	7.9	1.5
Carbohydrate (g)	52.1	10.1
Sugars (g)	6.2	1.2
Protein (g)	44.4	8.6
Salt (g)	1.14	0.22

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

Allergens

10 Celery **14** Sulphites

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Chop the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **steaks** from the fridge to bring them up to room temperature.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).



Time to Bake

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Make your Red Wine Jus

Meanwhile, pour the **water for the jus** (see pantry for amount) into a small saucepan, bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. **TIP:** If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins.

Once thickened to your liking, remove from the heat.



Coat the Steak

About 10 mins before the **chips** are ready, season the **steaks** with **salt**.

Tip the **cracked black pepper** onto a large plate, then lay the **steaks** into it.

Turn the **steaks** in the **pepper** until evenly coated, pressing down firmly to ensure it sticks. **TIP:** Brush off some pepper if needed - it has some heat!

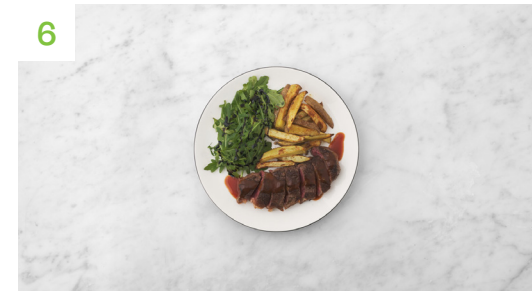


Get Frying

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, lay the **steaks** into the pan and fry until browned, 1 min on each side. Lower the heat slightly and cook for another 1-2 mins on each side if you want them **medium-rare**. **TIP:** Cook for 1-2 mins more if you like it more well done.

Once cooked, transfer to a clean board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.



Slice and Serve

When everything's ready, thinly slice the **steaks** and transfer to your plates. Reheat the **red wine jus** and pour it over the **steaks**.

Sprinkle the **truffle zest** over the **chips**, toss together, then share between your plates.

Serve the **rocket** alongside and finish by drizzling the **balsamic glaze** over the **leaves**.

Enjoy!