



21 Day Aged Fillet Steak and Peppercorn Sauce

with Rosemary Hasselbacks, Roasted Broccoli and Green Beans

32

Premium Plus 40-45 Minutes • 1 of your 5 a day



21 Day Aged British Fillet Steaks



Salad Potatoes



Dried Rosemary



Garlic Clove



Green Beans



Broccoli Florets



Cracked Black Pepper



Cider Vinegar



Chicken Stock Paste



Creme Fraiche

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, garlic press, aluminium foil and frying pan.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Fillet Steaks**	2	3	4
Salad Potatoes	350g	500g	700g
Dried Rosemary	1 sachet	2 sachets	2 sachets
Garlic Clove**	1	2	2
Green Beans**	80g	150g	200g
Broccoli Florets**	200g	300g	400g
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Cider Vinegar 14	15ml	15ml	30ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7	75g	120g	150g

Pantry	2P	3P	4P
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)	2157 /515	379 /91
Fat (g)	22.9	4.0
Sat. Fat (g)	12.1	2.1
Carbohydrate (g)	36.3	6.4
Sugars (g)	6.5	1.1
Protein (g)	42.1	7.4
Salt (g)	1.18	0.21

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

Allergens

7) Milk **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

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Hasselback the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** from your fridge to allow them to come up to room temperature.

Place a few **salad potatoes** at a time in between two wooden spoon handles on a board. Make slices widthways at 3mm intervals, making sure not to cut the whole way through.

Repeat with the remaining **potatoes**, then pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden and tender, 35-40 mins.



Fry the Steaks

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

Once hot, lay the **steaks** into the pan 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 board, cover and allow to rest. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.



Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Halve any large **broccoli florets**.

Put your **green beans** onto a piece of foil with a drizzle of **oil** and season with **salt** and **pepper**. Toss the coat. Fold the foil, sealing on all sides to create a parcel. Place on a baking tray.

Once the **potatoes** have been in the oven for 10 mins, pop the **green bean** tray onto the middle shelf and roast until tender, 20-25 mins.



Make your Peppercorn Sauce

While the **steaks** rest, heat a drizzle of **oil** in the (now empty) pan on medium heat (no need to clean).

Once hot, add the **garlic** and fry for 1 min, then add the **cracked black pepper** and stir in the **cider vinegar**. Allow the **vinegar** to bubble away until evaporated, 30 secs.

Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount) and allow it to reduce, 3-4 mins.

Mix in the **creme fraiche**, bring it back up to the boil, then remove from the heat.

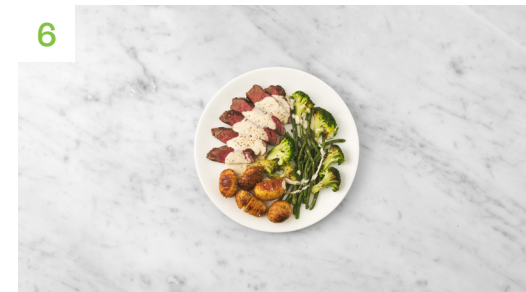


Roast the Veg

Once the **green beans** have roasted for 10 mins, remove the tray from the oven and add the **broccoli florets**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Return to the middle shelf of the oven for the remaining cooking time until the edges are crispy and slightly charred, 12-15 mins.

If you'd prefer to boil your broccoli, boil it in step 5 while the sauce reduces, for 3-5 mins, until tender.



Slice and Serve

When everything's ready, slice your **steaks** widthways into 3 or 4 pieces, then transfer to your plates. Spoon over the **peppercorn sauce**.

Share the **hasselback potatoes** between your plates.

Serve the **green beans and roasted broccoli** alongside.

Enjoy!