



Surf 'n' Turf 21 Day Aged Fillet Steak Side Dish with a Creamy Garlic Peppercorn Sauce

Festive Flavours 10-20 Minutes

1A

Find all your unchilled Market items in bag A.



21 Day Aged British Fillet Steaks



Garlic Clove



Flat Leaf Parsley



King Prawns



Cracked Black Pepper



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

Garlic press and frying pan.

Ingredients

Ingredients	Quantity
21 Day Aged British Fillet Steaks**	2
Garlic Clove**	2
Flat Leaf Parsley**	1 bunch
King Prawns** 5)	150g
Cracked Black Pepper	1 sachet
Chicken Stock Paste	10g
Crème Fraîche** 7)	75g

Pantry	Quantity
Water for the Sauce*	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	328g	100g
Energy (kJ/kcal)	1637 /391	499 /119
Fat (g)	22.0	6.7
Sat. Fat (g)	11.9	3.6
Carbohydrate (g)	4.7	1.4
Sugars (g)	1.6	0.5
Protein (g)	44.7	13.6
Salt (g)	2.15	0.65

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

Allergens

5) Crustaceans 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, 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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Prep Time

- Remove the **steaks** from your fridge to allow them to come up to room temperature
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).



Start the Sauce

- Once the **steaks** are cooked, transfer to a board, cover and allow to rest.
- Add the **garlic** and **cracked black pepper** to the (now empty) **steak** pan and fry until fragrant, 30 secs.
- Add the **chicken stock paste** and **water for the sauce** (see pantry for amount) and bring to the boil. Allow the **sauce** to simmer until reduced by half, 1-2 mins.



Fry the Steak

- Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.
- Once the **oil** is 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. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's safe to eat when browned on the outside.



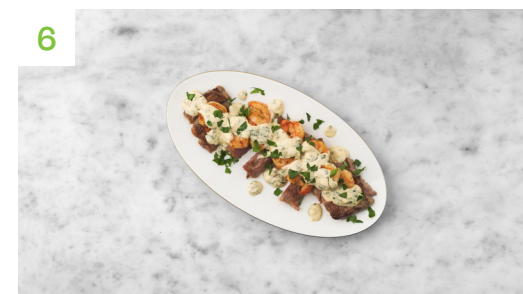
Up the Flavour

- Add the **crème fraîche** to the **garlic and peppercorn sauce**, then stir through **three quarters** of the **parsley**.
- Once rested, slice the **steaks** into 1cm wide slices and lay onto your serving platter.



Cook the Prawns

- While the **steaks** cook, drain the **prawns**.
- Heat a drizzle of **oil** in another frying pan on medium-high heat.
- Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins. Once cooked, remove the pan from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Serve Up a Festive Treat

- Spoon the **prawns** on top of the **steak** and drizzle over the **creamy garlic and peppercorn sauce**.
- Sprinkle over the remaining **parsley** to finish.

Enjoy!

