



# Fillet Steak and Blue Cheese Sauce with Rosemary Fries and Green Beans

Premium 35-40 Minutes

32



Fillet Steak



Potatoes



Rosemary



Green Beans



Garlic Clove



Creme Fraiche



Blue Cheese

## Before you start

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

## Cooking tools

Baking tray, garlic press, saucepan, frying pan, lid and aluminium foil.

## Ingredients

	2P	3P	4P
Fillet Steak**	2	3	4
Potatoes**	450g	700g	900g
Rosemary**	½ bunch	¾ bunch	1 bunch
Green Beans**	150g	200g	300g
Garlic Clove**	1	1	2
Crème Fraîche** 7)	75g	100g	150g
Blue Cheese** 7)	30g	45g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	507g	100g
Energy (kJ/kcal)	2391/571	472/113
Fat (g)	26	5
Sat. Fat (g)	14	3
Carbohydrate (g)	44	9
Sugars (g)	5	1
Protein (g)	42	8
Salt (g)	0.69	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

## 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, 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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## Get Prepped

Preheat your oven to 200°C. Take the **steaks** out of your fridge to allow them to come up to room temperature. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).



## Fry the Steaks

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When 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.** 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 the outside is browned.**



## Roast the Fries

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle with the **rosemary**. Toss to coat, then spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through. Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



## Cook the Beans

While the **steaks** rest, return the (now empty) frying pan to medium-high heat with a drizzle of **oil** if needed. Once the pan is hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat and season with **salt** and **pepper**.



## Make the Blue Cheese Sauce

Pop a small saucepan on low heat and add the **crème fraîche** (see ingredients for amount) to warm through. Season with **pepper**, then stir in the **blue cheese** until melted into a smooth **sauce**. Remove from the heat and set the **blue cheese sauce** aside for now.



## Finish and Serve

When everything is ready, gently warm through the **blue cheese sauce**. Thinly slice the **steaks** widthways and transfer to your plates. Serve up the **rosemary fries** and **green beans** alongside. Spoon over the **blue cheese sauce** to finish.

## Enjoy!