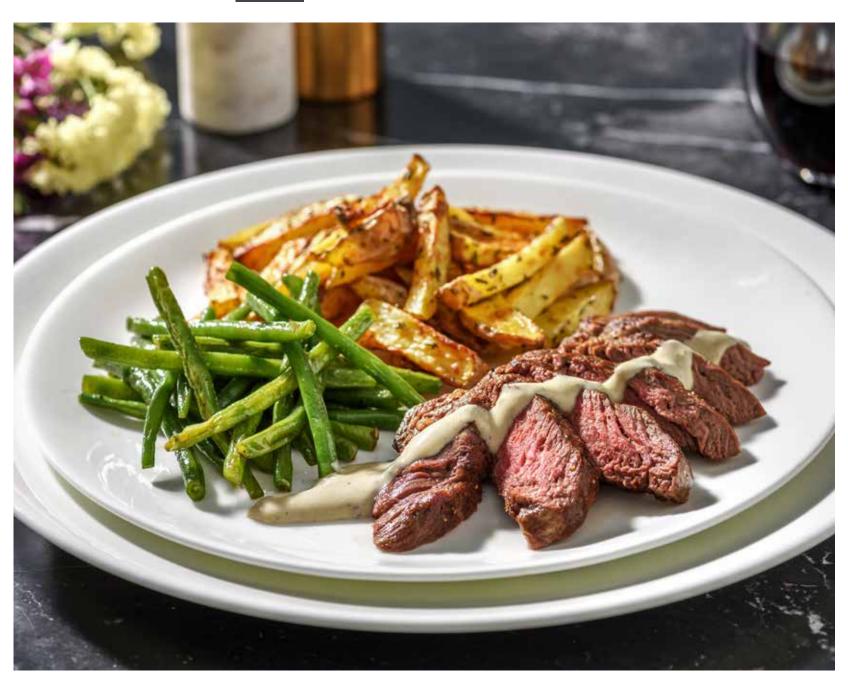


Fillet Steak and Blue Cheese Sauce

with Rosemary Fries and Green Beans

Premium 35-40 Minutes











Rosemary



Green Beans



Garlic Clove





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 and frying pan.

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	
Creme Fraiche** 7)	75g	120g	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)	25.9	5.1
Sat. Fat (g)	14.5	2.9
Carbohydrate (g)	43.8	8.6
Sugars (g)	4.7	0.9
Protein (g)	41.5	8.2
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.

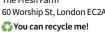
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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).



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).



Make the Blue Cheese Sauce

Pop a small saucepan on low heat and add the creme fraiche (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.



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.



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 stirfry until starting to char, 2-3 mins. Stir in the garlic, turn the heat down to medium and cook for 1 min.

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.



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 with the rosemary fries and green beans alongside.

Spoon over the **blue cheese sauce** to finish.

Enjoy!