



Fillet Steak and Blue Cheese Sauce

with Rosemary Fries and Green Beans

32

Premium Plus 40-45 Minutes



Fillet Steak



Potatoes



Dried Rosemary



Green Beans



Garlic Clove



Creme Fraiche



Blue Cheese

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, saucepan, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Fillet Steak**	2	3	4
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1 sachet	2 sachets
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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2393 /572	474 /113
Fat (g)	26.2	5.2
Sat. Fat (g)	12.3	2.9
Carbohydrate (g)	45.4	8.8
Sugars (g)	6.5	1.3
Protein (g)	44.9	8.9
Salt (g)	0.75	0.15

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

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 220°C/200°C fan/gas mark 7.

Remove the **steaks** from your fridge to allow them to come up to room temperature.

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



Fry the Steaks

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

Once hot, lay in the **steaks** 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 **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle with the **dried 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).



Bring on the Beans

While the **steaks** rest, return the (now empty) frying pan to medium-high heat with a drizzle of **oil** if needed.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then 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 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**.

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!