



Fillet Steak and Creamy Wild Mushroom Sauce with Fondant Potatoes and Cavolo Nero

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Premium Plus 45-50 Minutes



Fillet Steak



Potatoes



Garlic Clove



Chicken Stock
Paste



Wild Mushroom
Paste



Creme Fraiche



Chopped Cavolo
Nero

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools

Kettle, garlic press, frying pan, measuring jug and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Fillet Steak**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Chicken Stock Paste	10g	15g	20g
Wild Mushroom Paste	15g	22g	30g
Crema Fraiche** 7)	75g	120g	150g
Chopped Cavolo Nero**	100g	150g	200g
Pantry	2P	3P	4P
Butter*	30g	40g	60g
Boiled Water for the Stock*	250ml	375ml	500ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	490g	100g
Energy (kJ/kcal)	2721 /650	555 /133
Fat (g)	35.2	7.2
Sat. Fat (g)	19.7	4.0
Carbohydrate (g)	47.5	9.7
Sugars (g)	6.3	1.3
Protein (g)	40.3	8.2
Salt (g)	2.28	0.47

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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Prep the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a half-full kettle.

Remove the **steaks** from your fridge to allow them to come up to room temperature. Peel and halve the **potatoes** lengthways. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay in the **potatoes**, cut-side down, and cook until browned, 4-5 mins.

Add the **butter** (see pantry for amount), then turn the **potatoes** over to brown the other side, 2-3 mins.



Fry the Steaks

Meanwhile, heat a drizzle of **oil** in another 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 plate, 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 your Fondants

Meanwhile, pour the **boiled water for the stock** (see pantry for amount) into a measuring jug with the **chicken stock paste** and **garlic**. Stir well.

Once browned, transfer the **potatoes** to an ovenproof dish, cut-side up, pouring over the **melted butter** from the pan. Pour in the **chicken stock** from your measuring jug. **TIP: The potatoes should fit snugly in the dish and the stock should cover the potatoes by three quarters - add a splash more water if needed.**

When the oven is hot, cook on the top shelf until the **potatoes** are tender and you can easily slip a knife through, 25-30 mins.



Bring on the Cavolo Nero

Pop the (now empty) **steak** pan back on high heat with a drizzle of **oil**. **TIP: Discard any tough stalks from the cavolo nero.**

Once hot, add the **cavolo nero** and a splash of **water**. Cover until wilted, 3-4 mins.

Once cooked, taste and season with **salt and pepper**.



Mushroom Sauce Time

Pop the (now empty) frying pan back on high heat (no need to wash).

Pour in the **water for the sauce** (see pantry for amount) and bring to the boil.

Once boiling, stir in the **wild mushroom paste** until well combined. Simmer until thickened enough to coat the back of a spoon, 1-2 mins.

Stir in the **crema fraiche**, bring back to the boil, then remove from the heat. Taste and season with **pepper** if needed.



Finish and Serve

When everything's ready, pour any **steak resting juices** into the **mushroom sauce**. Stir to combine and reheat until piping hot, adding a splash of **water** if needed.

Slice your **fillet steaks** in **half** and transfer to your plates. Serve the **fondant potatoes** (discard the **stock** they were cooked in) and **cavolo nero** alongside.

Spoon the **mushroom sauce** over the **steak** to finish.

Enjoy!