



Fillet Steak and Tarragon Salsa Verde Pesto

with Oregano Roast Potatoes and Premium Tomato Salad

Premium Plus 40-45 Minutes

32



Fillet Steak



Potatoes



Garlic Clove



Premium Tomatoes



Red Wine Vinegar



Walnuts



Dried Oregano



Flat Leaf Parsley



Tarragon



Dijon Mustard



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Plain Flour, Olive Oil, Sugar

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, baking tray, saucepan, aluminum foil, bowl, colander, food processor/blender and frying pan.

Ingredients

Ingredients	2P	3P	4P
Fillet Steak**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Premium Tomatoes	125g	250g	250g
Red Wine Vinegar 14)	2 sachets	3 sachets	4 sachets
Walnuts 2)	40g	80g	80g
Dried Oregano	1 sachet	1 sachet	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Tarragon**	½ bunch	1 bunch	1 bunch
Dijon Mustard 9) 14)	10g	15g	20g
Pea Shoots**	40g	60g	80g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water*	1 tbsp	2 tbsp	2 tbsp
Olive Oil for the Salsa*	3 tbsp	4 tbsp	5 tbsp
Sugar for the Salsa*	3 tbsp	4 tbsp	5 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	2991 /715	567 /136
Fat (g)	40.1	7.6
Sat. Fat (g)	8.2	1.6
Carbohydrate (g)	48.4	9.2
Sugars (g)	5.6	1.1
Protein (g)	41.6	7.9
Salt (g)	0.46	0.09

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

Allergens

2) Nuts **9)** Mustard **14)** Sulphites

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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1 Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9.
Boil a full kettle.

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

Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven. Pour the boiling **water** into a large saucepan on high heat with **½ tsp salt**.

Peel and chop the **potatoes** into 3cm chunks.
Boil the **potatoes** for 5-6 mins or until the edges are soft.

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.



4 Make the Salsa Verde Pesto

To make your **pesto**, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks), then add to a food processor/blender with the **parsley** (stalks and all), **mustard**, remaining **walnuts** and **red wine vinegar**. Add the **water**, **olive oil** and **sugar for the salsa** (see ingredients for all amounts), then blend until smooth. Season to taste with **salt** and **pepper**. **TIP: If you don't have a blender, chop the ingredients as finely as you can and combine in a bowl.**

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Add to the **pesto** and blend/mix again.



2 Bring on the Salad

While the **potatoes** boil, halve the **tomatoes**.

Pop them into a medium bowl with **half** the **red wine vinegar**. Season with **salt**, **pepper** and a pinch of **sugar**.

Pour in the **olive oil for the dressing** (see ingredients for amount), then mix in **half** the **walnuts** and set aside.



5 Cook the Steaks

When the **potatoes** have 10 mins of roasting time left, 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.**



3 Roast the Potatoes

When the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see ingredients for amount) and **dried oregano**.

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**. Season with **salt**, then roast on the top shelf until golden, 30-35 mins. Turn halfway through.

In the meantime, pop the **garlic parcel** into the oven to roast until soft, 10-12 mins. Once roasted, remove from the oven and set aside to cool.



6 Finish and Serve

While the **steak** rests, add the **pea shoots** to the **tomato** bowl and toss to coat.

When ready to serve, slice the **steaks** widthways into 1cm slices. Serve with the **potatoes** and **salad** alongside.

Spoon the **salsa verde pesto** over the **steak** and around the plate to finish.

Enjoy!