



Valentine's Day Fillet Steak Surf and Turf with Tomato-Garlic Prawns, Herby Roast Potatoes and Salad

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Surf & Turf 35-40 Minutes • Medium Spice • 1 of your 5 a day



Fillet Steak



Unsalted Butter



Potatoes



Dried Oregano



Flat Leaf Parsley



Garlic Clove



Medium Tomato



King Prawns



Chilli Flakes



Premium Baby Leaf Mix



Balsamic Glaze

Recipe Update

Due to quality issues with **baby plum tomatoes**, you'll instead receive **medium tomatoes**.

As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, 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

Baking tray, garlic press, bowl, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Fillet Steak**	2	3	4
Unsalted Butter** 7)	30g	40g	60g
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Medium Tomato	2	3	4
King Prawns** 5)	150g	225g	300g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Premium Baby Leaf Mix**	50g	75g	100g

Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Water for the Sauce*	25ml	37ml	50ml
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	620g 2500 /598	100g 403 /96
Fat (g)	23.1	3.7
Sat. Fat (g)	12.8	2.1
Carbohydrate (g)	50.0	8.1
Sugars (g)	10.5	1.7
Protein (g)	50.7	8.2
Salt (g)	1.37	0.22

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

Allergens

5) Crustaceans 7) Milk 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.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steak** and **butter** from the fridge and bring them to room temperature.

Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a large baking tray. Drizzle with **oil** and sprinkle over the **dried oregano**. Season with **salt** and **pepper**, then toss to coat.

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, 25-35 mins. Turn halfway through.



Surf Time

Drain the **prawns** and pat dry with kitchen paper.

Heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat.

Once hot, add the **parsley butter**, **prawns**, **tomatoes**, **garlic** and **water for the sauce** (see pantry for amount). Stir-fry for 4-5 mins.

IMPORTANT: Wash your hands and equipment after handling raw prawns.



Get Prepped

Meanwhile, roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

In a small bowl, mix together the **softened butter** and **half the parsley**. Season with **salt** and **pepper**, then set your **parsley butter** aside.

Cut the **tomatoes** into 2cm chunks.



Bring on the Tomatoes

Once the **tomatoes** have started to soften, squish them down with a spoon until they burst.

Stir through the remaining **parsley** and the **chilli flakes** (add less if you'd prefer things milder). Season with **salt**, **pepper** and the **sugar** (see pantry for amount).

Once cooked, remove the pan from the heat.

IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.



Turf Time

When the **potatoes** have 15 mins left, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.

Once 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 for medium-rare. **TIP:** Cook each side for 1-2 mins extra 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. They're safe to eat when browned on the outside.



Serve

Share the **steaks** between your plates, then spoon over the **prawns and tomato sauce**.

Serve the **roasted potatoes** and **baby leaf salad** alongside. Drizzle the **balsamic glaze** over the **salad** to finish.

Enjoy!