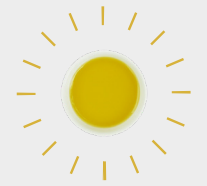




PREMIUM FILLET STEAK & PEPPERCORN SAUCE

WITH TRUFFLE FRIES & GARLIC KALE



Add the flavour of truffle to fries



Potato



Thyme



Eschalot



Garlic



Black Peppercorns



Kale



Macadamias



Premium Fillet Steak



Light Thickened Cream



Truffle Oil

Hands-on: **35-45 mins**
 Ready in: **40-50 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Golden chips get an upgrade with a dash of truffle oil – remember, a little goes a long way with this flavourful oil. Paired with tender steak, a rich and creamy peppercorn sauce and garlicky kale, this is home cooking at its finest.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper** • **two medium frying pans**



1 BAKE THE FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Pick the **thyme** leaves. Place the **potato** and **1/2** the **thyme** leaves on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **25-30 minutes**.

💡**TIP:** Cut the potato to the correct size so it cooks in the allocated time.



2 GET PREPPED

While the fries are baking, thinly slice the **eschalot**. Finely chop the **garlic** (or use a garlic press). Crush the **black peppercorns** (see ingredients list) in a pestle and mortar, or in a plastic bag using a rolling pin. Thinly slice the **kale**. Heat a medium frying pan over a medium-high heat. Add the **macadamias** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



3 COOK THE STEAK

Return the pan to a high heat with a **drizzle of olive oil**. Season the **premium fillet steak** all over with **salt** and **pepper** and add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to a second oven tray lined with baking paper and roast for **8-10 minutes** for medium or until cooked to your liking. Remove from the oven and set aside to rest for **10 minutes**. 💡**TIP:** The meat will keep cooking as it rests!



4 MAKE THE SAUCE

While the steak is resting, return the pan to a medium heat with a **drizzle of olive oil**. Add the **eschalot**, crushed **peppercorns**, **remaining thyme** and **1/2** the **garlic**. Cook until softened, **1 minute**. Reduce the heat to low and stir in the **light thickened cream** and any **resting juices** from the steak. Cook until thickened, **2 minutes**. Season to taste with **salt**. Remove from the heat. 💡**TIP:** Gently reheat before serving, adding a dash of water if the sauce looks too thick.



5 COOK THE GARLIC KALE

In a second medium frying pan, heat the **butter** and a **drizzle of olive oil** over a medium heat. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **kale** and a **dash of water** and increase the heat to medium-high. Cook, stirring, until softened, **5-6 minutes**. Season to taste with **salt** and **pepper**. When the fries are done, **drizzle** with **truffle oil** (see ingredients list) and toss to coat. 💡**TIP:** Truffle oil has a strong flavour! Add more or less to taste.



6 SERVE UP

Thinly slice the steak. Divide the truffle fries, garlic kale and premium fillet steak between plates. Spoon the peppercorn sauce over the steak and sprinkle the toasted macadamias over the kale.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
thyme	1 bunch	1 bunch
eschalot	1	2
garlic	1 clove	2 cloves
black peppercorns	½ sachet	1 sachet
kale	1 bunch	2 bunches
macadamias	1 packet	2 packets
premium fillet steak	1 packet	2 packets
light thickened cream	1 packet (150ml)	2 packets (300ml)
butter*	20g	40g
truffle oil	¾ tsp	1½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (710Cal)	522kJ (125Cal)
Protein (g)	42.2g	7.4g
Fat, total (g)	44.5g	7.8g
- saturated (g)	21.4g	3.8g
Carbohydrate (g)	33.3g	5.9g
- sugars (g)	7.1g	1.3g
Sodium (g)	162mg	29mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Shiraz
or
Tempranillo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2020 | WK05

