



# Fillet Steak & Creamy Peppercorn Sauce

with Truffle Fries & Garlic Butter Greens

GOURMET

Grab your Meal Kit with this symbol



Onion



Cavolo Nero Kale



Garlic



Green Beans



Black Peppercorns



Potato



Truffle Oil



Premium Fillet Steak



Cream



Roasted Hazelnuts

Prep in: 35-45 mins  
Ready in: 40-50 mins

There's something eternally comforting about the aroma of a creamy peppercorn sauce. Completely mouth-watering to say the least. Drizzle it over tender premium fillet steak with a side of nutty greens and truffle-baked fries, it's time for pub-style steak and chips to move over; there's a new and completely luxe contender in town.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
cavolo nero kale	1 bag	1 bag
garlic	1 clove	2 cloves
green beans	1 bag (100g)	1 bag (200g)
black peppercorns	½ sachet	1 sachet
potato	2	4
truffle oil	½ bottle	1 bottle
premium fillet steak	1 packet	1 packet
<b>butter*</b>	20g	40g
cream	½ packet (125ml)	1 packet (250ml)
roasted hazelnuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3581kJ (856Cal)	601kJ (144Cal)
Protein (g)	43.2g	7.2g
Fat, total (g)	56.9g	9.5g
- saturated (g)	26.2g	4.4g
Carbohydrate (g)	44.3g	7.4g
- sugars (g)	17.2g	2.9g
Sodium (mg)	141mg	24mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **onion**. Roughly chop **cavolo nero kale**, discarding any larger pieces of stalk. Finely chop **garlic**. Trim **green beans**.
- Crush **black peppercorns (see ingredients)** with a mortar and pestle, or in their sachet using a rolling pin.



## Cook the garlicky greens

- While the steak is resting, wipe out the pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add **kale**, the **butter** and **garlic** and cook until fragrant, **2-3 minutes**. Transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the greens cooking process.



## Bake the fries

- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.
- When the fries are done, drizzle over **truffle oil (see ingredients)** and toss to coat.

**TIP:** Truffle oil has a strong flavour – add less if desired!



## Make the sauce

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **onion** until softened, **2 minutes**.
- Reduce heat to low, then stir through **cream (see ingredients)**, **peppercorns** and any **steak resting juices**. Cook, stirring, until fragrant and thickened, **2-3 minutes**. Season with **salt**. Remove from heat.



## Sear the steak

- While the fries are baking, heat a large frying pan over high heat with a drizzle of **olive oil**. Season **premium fillet steak** all over, then add to the hot pan. Sear **steak** until browned, **1 minute** on all sides.
- Transfer to a second lined oven tray. Roast **steak** for **8-10 minutes** for medium or until cooked to your liking.
- Remove **steak** from the oven and set aside to rest.



## Serve up

- Slice seared fillet steak.
- Divide truffle fries, garlic butter greens and steak between plates.
- Spoon creamy peppercorn sauce over steak.
- Sprinkle **roasted hazelnuts** over veggies to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW32



## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)