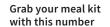
Steak Frites & Red Wine Gastrique

with Remoulade-Style Kohlrabi Salad

FRENCH FLAIR



















Roasted Almonds





Premium Fillet Steak

Herb & Mushroom Seasoning





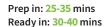
Balsamic Glaze



Dijon Mustard

Dill & Parsley

Mayonnaise



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

| ingi caici ita | | | |
|---------------------------------|-----------------|---------------------------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| potato | 2 | 4 | |
| kohlrabi | 1/2 | 1 | |
| apple | 1 | 2 | |
| radish | 2 | 4 | |
| parsley | 1 packet | 1 packet | |
| roasted almonds | 1 packet | 2 packets | |
| premium fillet steak | 1 medium packet | 2 medium packets OR 1 large packet | |
| herb & mushroom seasoning | 1 sachet | 2 sachets | |
| butter* | 20g | 40g | |
| balsamic glaze | 1 packet | 2 packets | |
| red wine jus | 1 medium packet | 1 large packet | |
| dijon mustard | 1 medium packet | 1 large packet | |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet | |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3311kJ (791cal) | 373kJ (89cal) |
| Protein (g) | 42.3g | 4.8g |
| Fat, total (g) | 44.8g | 5g |
| - saturated (g) | 12.2g | 1.4g |
| Carbohydrate (g) | 53.9g | 6.1g |
| - sugars (g) | 33.8g | 3.8g |
| Sodium (mg) | 663mg | 74.7mg |
| Dietary Fibre (g) | 9.3g | 1g |
| | | |

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

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Bake the frites

- Preheat oven to to 240°C/220°Cfan-forced.
- · Cut potato into thin fries.
- Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Get prepped

- Meanwhile, thinly slice kohlrabi (see ingredients), apple and radish into sticks.
 Roughly chop parsley and roasted almonds.
- In a medium bowl, combine premium fillet steak, herb & mushroom seasoning, a pinch of pepper and a drizzle of olive oil.



Cook the steak

- See Top Steak Tips (below)! Season premium fillet steak with salt and pepper.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook fillet until browned, 1 minute each side.
- Transfer to a lined oven tray and roast for 10-15 minutes (2 person portion) or 15-20 minutes (4 person portion), or until cooked to your liking. Transfer to a plate, cover and rest for 10 minutes.

TIP: Cook time will vary depending on the thickness of the fillet steak. The thinner the steak, the less time it needs to cook!



Make the gastrique

- Wipe out and return frying pan to medium heat with a drizzle of olive oil.
- Add the butter, balsamic glaze, red wine jus and a splash of water and stir until combined,
 1-2 minutes.



Toss the salad

 In a medium bowl, combine kohlrabi, apple, radish, parsley, dijon mustard, dill & parsley mayonnaise and a drizzle of olive oil. Season to taste.



Serve up

- · Slice the steak.
- Divide fillet steak, frites and remoulade-style kohlrabi salad between plates.
- Pour red wine gastrique over steak and sprinkle roasted almonds over salad to serve. Enjoy!

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.



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