

Steak Frites & Red Wine Gastrique

with Remoulade-Style Kohlrabi Salad

FRENCH FLAIR

Grab your meal kit with this number

21



Potato



Kohlrabi



Apple



Radish



Parsley



Roasted Almonds



Premium Fillet Steak



Herb & Mushroom Seasoning



Balsamic Glaze



Red Wine Jus



Dijon Mustard



Dill & Parsley Mayonnaise

Prep in: 25-35 mins
Ready in: 30-40 mins

This steak is extra special, created with the love and care you would expect in a five-star French bistro! The tender eye fillet is smothered in a red wine gastrique, lending a sweet and sour flavour to the meal. A crunchy kohlrabi salad is the perfect accompaniment, dressed in a mustard-y remoulade-style sauce for extra flavour!

Pantry items

Olive Oil, Butter

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
kohlrabi	½	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.

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2024 | CW34



Bake the frites

- Preheat oven to to **240°C/220°C fan-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.



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**.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. 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.



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**.



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.



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!



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!

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