



Fillet Steak & Onion-Peppercorn Sauce

with Truffle Fries & Garlicky Greens

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Black Peppercorns



Green Beans



Cavolo Nero Kale



Pine Nuts



Truffle Oil



Premium Fillet Steak



Longlife Cream

Hands-on: 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. Drizzled over tender premium fillet steak with a side of nutty greens and umami-rich truffle 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, Vinegar (White Wine or Red Wine)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
brown onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
black peppercorns	½ sachet	1 sachet
green beans	1 bag (100g)	1 bag (200g)
cavolo nero kale	1 bunch	1 bunch
pine nuts	1 sachet	2 sachets
truffle oil	¼ tsp	½ tsp
premium fillet steak	1 packet	1 packet
butter*	20g	40g
vinegar* (white wine or red wine)	1 tbs	2 tbs
longlife cream	½ bottle (125ml)	1 bottle (250ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3411kJ (815Cal)	574kJ (137Cal)
Protein (g)	42.1g	7.1g
Fat, total (g)	53.1g	8.9g
- saturated (g)	25.9g	4.4g
Carbohydrate (g)	43.4g	7.3g
- sugars (g)	16.8g	2.8g
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 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

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Thinly slice the **brown onion**. Finely chop the **garlic**. Lightly crush the **black peppercorns** (see ingredients). Trim the **green beans**. Thinly slice the **cavolo nero kale**. Heat a large frying pan over a medium-high heat. Toast the **pine nuts**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Cook the garlicky greens

While the steak is resting, wipe out the pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Add the **kale**, **butter** and 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



Make the truffle fries

Place the **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**. Transfer the fries to a medium bowl and drizzle with the **truffle oil** (see ingredients). Toss to coat.

TIP: Add more or less truffle oil to taste.



Make the sauce

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



Cook the steak

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



Serve up

Slice the seared fillet steak. Divide the truffle fries, garlicky greens and steak between plates. Spoon the onion-peppercorn sauce over the steak. Sprinkle the toasted pine nuts over the greens to serve.

Enjoy!