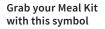
Fillet Steak & Onion-Peppercorn Sauce

with Truffle Fries & Garlicky Greens















Black Peppercorns





Green Beans







Pine Nuts

Truffle Oil



Premium Fillet Steak

Longlife Cream

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

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	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	1/4 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.

Fancu a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner



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.



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.



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.



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 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.



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!