



Steak and Peppercorn Sauce with Roasted Potatoes and Green Beans

Premium 40 Minutes

N° 30



Sirloin Steak



Potato



Echalion Shallot



Black Peppercorns



Green Beans



Chicken Stock Paste



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Pestle and Mortar, Frying Pan, Aluminum Foil, Measuring Cup.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	450g	700g	900g
Echalion Shallot**	1	1	1
Black Peppercorns	1 sachet	1 sachet	2 sachets
Green Beans**	150g	200g	300g
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	2668/638	484/116
Fat (g)	31	6
Sat. Fat (g)	15	3
Carbohydrate (g)	45	8
Sugars (g)	3	0
Protein (g)	46	8
Salt (g)	1.22	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

Preheat your oven to 200°C and remove your **steak** from the fridge to allow it to come up to room temperature. Chop the **potatoes** into 2cm chunks (no need to peel).



Fry the Steak

Heat a drizzle of **oil** in a frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Lower the heat slightly and cook for another 1-2 mins on each side for medium-rare. **TIP:** *Cook for 1-2 mins more if you like it more cooked.* **IMPORTANT:** *The steak is safe to eat when the outside is browned.* Once cooked, transfer to a board, cover with foil and leave to rest for a couple of minutes.



Roast the Potatoes

Pop the **potatoes** on a large low-sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **TIP:** *Use two baking trays if necessary, you want the potatoes nicely spread out.*



Make the Sauce

Add a little **oil** to the now-empty frying pan and turn the heat to low. Add the **shallot**. Cook until soft, 2-3 mins. Add the **peppercorns**. Cook for 1 min, then stir in the **water** (see ingredients for amount) and **stock paste**. Bring to the boil, then reduce the heat and simmer until reduced by half, 2-3 mins. Take the pan off the heat and stir in the **creme fraiche**.



Cook the Beans

Meanwhile, halve, peel and finely chop the **shallot**. Crush the **peppercorns** in a pestle and mortar. **TIP:** *You can also put them in a freezer bag and give them a whack with a rolling pin.* Trim the **green beans** and pop onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. When the **potatoes** have 10 mins left, put the **green beans** on the middle shelf of your oven and roast until tender, 8-10mins.



Finish and Serve

Slice the steak diagonally into 1cm strips and transfer to your plates. Drizzle over the **peppercorn sauce** and serve with the **green beans** and **roasted potatoes** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.