



BACON WRAPPED FILLET STEAK

with Blue Cheese Sauce, Rosemary & Red Onion Chips and Asparagus

SPECIALITY INGREDIENT



HELLO ASPARAGUS

It takes three years for an asparagus spear to be ready for harvest.



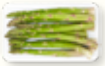
Potato



Rosemary



Red Onion



Asparagus



Streaky Bacon Rasher



Fillet Steak



Crème Fraîche



Blue Cheese

MEAL BAG

35 mins

1 of your 5 a day

This ultimate bistro meal is perfect for when you're looking for a special dish but don't fancy being stuck in the kitchen all night. A creamy blue cheese sauce is bold and rich in flavour; a fantastic dressing for a steak. With a side of chunky potato fries, sprinkled in rosemary and roasted with red onion, the sophisticated flavours in this dish makes it a true show-stopper.

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Small Saucepan, Frying Pan** and some **Foil**. Now, let's get cooking!



1 ROAST THE FRIES

Preheat your oven to 200°C. Chop the **potato** into fries 1cm wide (no need to peel). Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Pop the fries on a large baking tray in a single layer. Drizzle with **oil** and sprinkle on the **rosemary** and a pinch of **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



2 DO THE PREP

Meanwhile, halve, peel and thinly slice the **red onion**. We will add it to the fries later. Trim and discard the tough woody ends from the **asparagus**. Halve the **asparagus** widthways. Lay 2 two **bacon rashers** side by side on a chopping board. Wrap the **rashers** around a **steak**. Repeat for the remaining **steak(s)**. Keep to one side. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 MAKE THE SAUCE

Squeeze the **crème fraîche** (see ingredients for amount) into a small saucepan and warm over a low heat. Season with **pepper** and then stir in the **blue cheese**. Keep stirring until the **cheese** has melted and the **sauce** is nice and smooth. Remove from the heat, we will reheat it later. Scatter the **onion slices** over your **fries** when you turn them and return to the oven for the remaining cooking time.



4 FRY THE STEAKS

Heat a splash of **oil** in a frying pan over medium-high heat. When hot, add the **bacon wrapped steaks** to the pan. Fry until the **steaks** are browned and the **bacon** is crispy, 2 mins on each side. Lower the heat to medium and cook the **steaks** for another 3-4 mins on each side if you want them cooked to medium-rare. Add 2-3 mins extra on each side if you want them medium or well done. **! IMPORTANT:** The steak is safe to eat when the outside is cooked. The bacon is cooked when it is no longer pink in the middle.



5 COOK THE ASPARAGUS

When the **steaks** are ready, transfer to a plate and wrap loosely in foil to keep warm. Return the frying pan to a medium heat, add a splash of **oil** if necessary and when hot add the **asparagus**. Stir-fry until just tender, 2-3 mins. Season with **salt** and **pepper** and get ready to serve.



6 SERVE

Reheat the **blue cheese sauce** until hot, but don't allow it to boil. Share the **fries** between your plates and place the **asparagus** alongside. Slice your **fillet steak** diagonally into two pieces. Spoon the **sauce** onto your plate and sit the **steak pieces** in the **sauce**. **Bon appétit!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Rosemary	½ bunch	¾ bunch	1 bunch
Red Onion	1	1	2
Asparagus	1 small bunch	¾ large bunch	1 large bunch
Streaky Bacon Rasher	4	6	8
Fillet Steak	2	3	4
Crème Fraîche 7)	½ pouch	¾ pouch	1 pouch
Blue Cheese 7)	30g	45g	60g

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 574G	PER 100G
Energy (kJ/kcal)	2697 / 645	470 / 112
Fat (g)	29	5
Sat. Fat (g)	13	2
Carbohydrate (g)	53	9
Sugars (g)	8	1
Protein (g)	50	9
Salt (g)	1.80	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

PAIR THIS MEAL WITH

A red wine like a Petite Sirah

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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