



# Deconstructed Fillet Steak Bourguignon

with Shiitake Mushrooms and Roasted Chantenays

**PREMIUM** 50 Minutes • 1 of your 5 a day

N° 19



Garlic Clove



Echalion Shallot



Red Wine Stock Pot



Thyme



Potato



Chantenay Carrot



Pancetta Lardons



Shitake Mushrooms



Fillet Steak



Butter

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Frying Pan, Measuring Jug, Ovenproof Dish. Stick Blender (or Masher) and Baking Tray.

### Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Echalion Shallot**	1	2	2
Red Wine Stock Pot <b>14</b>	1 pot	1½ pots	1½ pots
Water for the Shallot*	100ml	150ml	150ml
Thyme**	½ bunch	¾ bunch	1 bunch
Potato**	1 small pack	1 large pack	2 small packs
Chantenay Carrot**	1 pack	1½ packs	2 packs
Pancetta**	1 small pack	1 medium pack	1 large pack
Shitake Mushrooms**	1 punnet	1½ punnets	2 punnets
Fillet Steak**	2	3	4
Butter <b>7</b> **	30g	45g	60g
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>618g</b>	<b>100g</b>
Energy (kJ/kcal)	2715 /649	439 /105
Fat (g)	26	4
Sat. Fat (g)	13	2
Carbohydrate (g)	61	10
Sugars (g)	16	3
Protein (g)	46	7
Salt (g)	3.14	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7**) Milk **14**) Sulphites

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

### Contact

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

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## 1. Braise the Shallot

Preheat your oven to 180°C. Boil your kettle. Bring a saucepan of **water** to the boil with a pinch of **salt** for the **potatoes**. Heat a drizzle of **oil** in a frying pan on medium heat. Peel the **garlic**. Halve the **shallot** lengthways and peel. Lay the **shallot** cut side down in the pan with the **garlic**. Brown for 4-5 mins. Meanwhile, in a jug, dissolve **half** the **stock pot** with the boiling **water** for the shallot (see ingredients for amount).



## 4. Make the Puree

Put the **steaks** on a plate and season on both sides with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw meat. When the **potatoes** are ready, add the cooked **garlic** and **butter** to the pan. Use a stick blender to puree the **potatoes** until smooth. Season to taste and cover. **TIP:** If you don't have a stick blender, mash the garlic with a fork, use a potato masher for the potatoes and mix well.



## 2. Cook the Potatoes

Transfer the browned **shallot** and **garlic** to a small ovenproof dish (don't wash the pan). Add **half** the **thyme sprigs**, pour in the **stock** and cover with foil. Bake on the middle shelf until soft, 25-30 mins. Uncover for the final 5 mins and remove and reserve the **garlic**. Meanwhile, peel and chop the **potato** into 2cm chunks. Boil the **potatoes** until you can easily slip a knife through, 12-15 mins. Drain in a colander. Return to the pan, off the heat, with the lid on.



## 5. Cook the Steak

Heat a splash of **oil** in the frying pan over high heat. When hot, lay in the **steaks**. Brown all over, 2 mins, lower the heat slightly and cook for 3-4 mins per side. **TIP:** This will give you medium-rare; if you like your steak a little more done, cook for an extra 2 mins per side. **IMPORTANT:** The steak is safe to eat when the outside is cooked. When the **steaks** have 4 mins left, add the **shiitakes** and remaining **thyme**. Cook for 3-4 mins. Transfer everything to a plate and wrap loosely in foil.



## 3. Roast the Carrots

Meanwhile, trim the **carrots** (no need to peel). Pop on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and roast on the top shelf of the oven until soft and golden, 20-25 mins, turning halfway. Return the frying pan to medium heat. When hot, add the pancetta and fry until golden, 3-4 mins. Meanwhile, roughly tear the **shiitake mushrooms**. Transfer the **pancetta lardons** to a bowl and wipe the pan. We will use it again later.



## 6. Make the Sauce

Add the **water** for the sauce (see ingredients for amount) and remaining **stock pot** to the pan. Bring to the boil then lower the heat, stir in the **pancetta lardons** and simmer until glossy, 2-3 mins. Meanwhile, reheat the **puree** if needed. Slice the **steak** into 5 pieces. Spoon 3 dollops of **puree** on each plate. Use the back of a spoon to drag it out in lines. Top with the **steak** and **shallot**. Arrange the **roasted carrots** and **shiitakes** around and drizzle with **sauce**.

Enjoy!