



Surf and Turf: Fillet Steak and King Prawns

with Asparagus, Wedges and Lemon Garlic Butter

N° 19

PREMIUM 40 Minutes • 1 of your 5 a day



Fillet Steak



Potato



Garlic



Lemon



Chives



Asparagus



Butter



King Prawns

Before you start

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

Basic cooking tools you will need:

Two Large Baking Trays and Two Frying Pans.

Ingredients

	2P	3P	4P
Fillet Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Garlic**	2 cloves	3 cloves	4 cloves
Lemon**	½	1	1
Chives**	1 bunch	1 bunch	1 bunch
Asparagus**	1 small pack	2 small packs	2 large packs
Butter 7)**	30g	45g	60g
King Prawns 5)**	150g	250g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	601g	100g
Energy (kJ/kcal)	2326 /556	387 /93
Fat (g)	20	3
Sat. Fat (g)	11	2
Carbohydrate (g)	43	7
Sugars (g)	3	1
Protein (g)	54	9
Salt (g)	1.32	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Cook the Wedges

Preheat your oven to 200°C. Take the **steaks** out of the fridge and pop them onto a plate so they can come up to room temperature. Chop the **potatoes** into wedges (no need to peel!). Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil** and season with **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. **TIP: Use 2 trays if necessary, you want the wedges nicely spread out.**



4. Steak Time

When the **potatoes** have 10 mins left, heat a drizzle of **oil** in a frying pan on medium high heat. Season the **steaks** on both sides with **salt** and **pepper**. When hot, add the **fillet steaks** to the pan. Fry until browned, 1- 2 mins on each side. Lower the heat to medium and cook the **steaks** for another 2-3 mins on each side if you want them cooked to medium-rare. Add 1-2 mins extra on each side if you like your **steak** medium or well done. **IMPORTANT: The steak is safe to eat when the outside is brown.**



2. Prep the Veg

Peel the **garlic cloves**, pop into a square of foil, drizzle with **oil** then scrunch up to make a **parcel**. Place on the tray alongside the **wedges** and roast until soft, 10-12 mins. Meanwhile, zest and halve the **lemon**. Finely chop the **chives** (or use scissors if it's easier). Trim the bottom 2cm off of the **asparagus** and discard. Pop the **asparagus** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**.



5. Cook the Prawns

Transfer the **steaks** to a plate and wrap loosely in foil to rest. Return the pan to medium-high heat, add a drizzle of **oil** if the pan is dry. When hot, add the **prawns** and stir-fry for 3-4 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.** Once cooked, remove the pan from the heat and add the **flavoured butter** to the pan. Use a spoon to coat the **prawns** in the **butter**.



3. Finish the Prep

Roast the **asparagus** in the oven, until tender and slightly crisped, 15-20 mins. Meanwhile, heat a frying pan on high heat (no oil). When hot, add the **lemon**, cut side down and cook until the flesh is caramelised and charred, 2-3 mins. Remove from the pan and set aside. Remove the **garlic** from the oven. Open the **garlic parcel** carefully and pop the cloves into a bowl (with any **oil**) Discard the foil. Crush the **cloves** with a fork until smooth. Add the **butter**, **half** the **chives**, and the **lemon zest** and mix well with a fork to create your **flavoured butter**.



6. Serve

Take the **potatoes** and **asparagus** out of the oven and share between your plates. Slice the **steaks** and serve alongside. Spoon the **prawns** and their sauce over the **steaks**. Sprinkle over the remaining **chives** along with the charred **lemon** alongside for squeezing over.

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.