



NUTRITION per serving 37g carbohydrates 29g fat 47g protein 1424mg sodium



Calories
591



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Intermediate



Spice Level
Not Spicy



PREMIUM

Filet Mignon with Sauce Bordelaise

with duchess potatoes and roasted broccolini

IN YOUR BOX

- 1 Russet Potato
- 6 Chives
- 6 oz. Broccolini
- 1 Shallot
- 2 Filet Mignon
- 1 oz. Sour Cream
- 1 fl. oz. Liquid Egg
- .6 oz. Butter
- 2 fl. oz. Red Cooking Wine
- 4 tsp. Beef Demi-Glace

CONTAINS: milk, eggs

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Baking Sheets
- Small Pot
- Colander
- Small Oven-Safe Casserole Dish
- Medium Non-Stick Pan

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **425 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare one baking sheet with foil and one baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ Color changes in vacuum-packaged red meat from red to reddish-brown are normal, as a result of a naturally occurring chemical reaction called oxidation. Use your judgment! Please don't cook protein if you notice an odor, a glassy sheen, or unusual stickiness.
- ❑ **Heads Up! Butter** is used twice. Half is added to **potatoes** and remaining is added to **sauce**.
- ❑ **Heads Up! Chives** are used twice. Most are added to **potatoes**, and a pinch garnishes dish.

FROM THE CHEF

Before making ridges in potatoes, wet fork tines to ensure potato doesn't stick.

Did you know...

As its name implies, *Bordelaise* is a classic French sauce made with a reduction of red Bordeaux wine. It is an ideal accompaniment for steak.



Boil Potatoes and Prepare Ingredients

Peel **potato** and cut into 1" cubes. Bring a small pot with potato cubes, 1 tsp. **salt**, and enough **water** to cover to a boil. Reduce to a simmer and cook until tender, 15-18 minutes. While potatoes simmer, mince **chives**. Trim bottom ends from **broccolini**. Peel and mince **shallot**. Pat **steaks** dry.



Roast the Steaks and Broccolini

Place **broccolini** on same baking sheet as **steaks** and toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**. Roast until steaks reach a minimum internal temperature of 145 degrees, 8-14 minutes. Tent steaks and broccolini with foil and rest steaks at least 5 minutes.



Make the Duchess Potatoes

Drain **potato** in a colander and return to pot. Add **sour cream**, **liquid egg**, half the **butter**, and **chives** to pot and mash until smooth. Season with ¼ tsp. **salt** and a pinch of **pepper**. Transfer to a small casserole dish or two oven-safe ramekins and place on foil-only prepared baking sheet. Use fork tines to pull potatoes into small peaks, forming decorative ridges. Bake until potato ridges turn golden brown, 15-22 minutes. While potatoes cook, sear steaks.



Make the Sauce

Return pan used to sear steaks to medium-high heat. Add 1 tsp. **olive oil** and 2 Tbsp. **shallot** to pan and cook 30 seconds. Add **red wine** and reduce to a syrupy consistency. Add **demi-glace** and ¼ cup **water** and cook until slightly thickened, 1 minute. Remove from burner and swirl in remaining **butter**. Strain sauce if desired.



Sear the Steaks

Place a medium non-stick pan over high heat. Season steaks on both sides with ¼ tsp. **salt** and a pinch of **pepper**. Add 1 tsp. **olive oil** and steaks to hot pan and cook until browned, 2-3 minutes per side. Transfer steaks to one side of sprayed prepared baking sheet and set aside. Reserve pan; no need to wipe clean.



Finish the Dish

Arrange roasted **broccolini** and **steak** on a plate. Spoon **sauce** onto plate and serve **duchess potatoes** on the side. Garnish potatoes with remaining **chives**.