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Store your Make Me Feed Me pack in the fridge and consume
within 24 hours of delivery.



**SCAN THE QR CODE
TO VIEW THE ALLERGY MATRIX**

**HAND▶HAND▶
MADE▶MADE▶**

CHINCHIN

COOKING INSTRUCTIONS

TO PREPARE AND SERVE YOU WILL NEED

- 1 x non stick frying pan
- 4 x small sized bowls - nuts, pickle, beans, salad
- 2 x plates - steaks



ALLOW 10 MINUTES

STEP-BY-STEP INSTRUCTIONS

- Lets get that frying pan nice and hot!
- Lay out all the ingredients in your pack so you can see it all.
- Lightly oil and season your tenderloins, we've already done the hard work and sous vide them medium rare, so you only need to sear each side for 3-4 minutes then remove from the pan and let them rest.
- Whilst the steak is resting, rinse your pan and toss the green beans, once you've warmed them through, transfer to a bowl to serve.
- Open the salad, drizzle with the dressing that's packed inside and its good to go!
- Open your nuts and pickles, empty them into separate bowls.
- Plate your spiced beans across the 2 serving plates.
- After resting your steaks slice them and transfer to plate and dress with the blackbean relish.

When you're ready for dessert...

- Just pop the lid and enjoy!

LISTEN TO THE CHIN CHIN DINNER REMIX

WWW.MIXCLOUD.COM/GOGOBAR/

