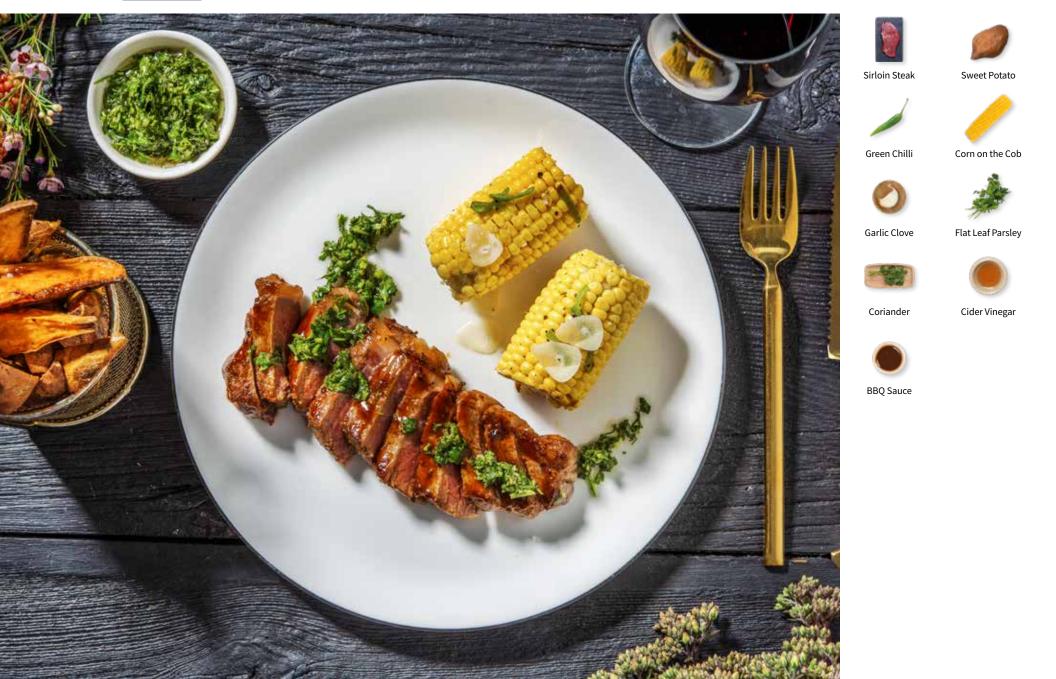


All-American Style BBQ Glazed Sirloin Steak

with Sweet Potato Fries, Chimmichurri and Corn on the Cob



PREMIUM 40 Minutes • Little Heat • 1 of your 5 a day



Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------------|----------|-----------|-----------|
| Sirloin Steak** | 2 | 3 | 4 |
| Sweet Potato** | 1 | 2 | 2 |
| Green Chilli** | 1⁄2 | 3/4 | 1 |
| Corn on the Cob** | 2 | 3 | 4 |
| Garlic Clove** | 2 cloves | 3 cloves | 4 cloves |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Cider Vinegar 14) | 1 sachet | 1 sachet | 2 sachets |
| Olive Oil* | 2 tbsp | 3 tbsp | 4 tbsp |
| Sugar* | 1 tsp | 1½ tsp | 2 tsp |
| BBQ Sauce 13) | 1 sachet | 2 sachets | 2 sachets |
| *Not Included ** Store in the Fridge | | | |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 668g | 100g |
| Energy (kJ/kcal) | 3077 /736 | 461/110 |
| Fat (g) | 22 | 3 |
| Sat. Fat (g) | 9 | 1 |
| Carbohydrate (g) | 89 | 13 |
| Sugars (g) | 29 | 4 |
| Protein (g) | 46 | 7 |
| Salt (g) | 1.23 | 0.18 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten 14) Sulphites

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.

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

Contact

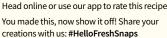
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1. Get Started

Remove the **steaks** from the fridge to bring them up to room temperature. Preheat your oven to 200°C. Chop the **sweet potato** into 2cm wide wedges (no need to peel!). Pop the **potato** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Thinly slice half the **green chilli**. Finely chop the rest. Halve the **corn on the cobs** by running a knife firmly around the middle then snapping in half with your hands.



2. Roast the Potato

Put the **corn on the cob** on a large sheet of foil. Drizzle with **oil** and season with **salt** and **pepper**. Put the **chilli slices** and **half** the **garlic** (keep the **clove(s)** whole with the skin on) on top then scrunch the foil closed to create a parcel. Put this on the tray alongside the **sweet potato**. Roast on the top shelf of your oven until the **sweet potato** are soft and golden and the **corn** is tender, 25-30 mins. Turn the **potato** halfway.



3. Chimichurri Time!

Meanwhile, peel and grate the remaining **garlic** (or use a garlic press). Finely chop the **parsley** and **coriander** (stalks and all). Put the **grated garlic**, chopped **chilli** and **herbs** in a bowl along with the **cider vinegar**, **oil** and **sugar** (see ingredients for amount). Stir together then season to taste with **salt** and **pepper**. Set aside - this is your chimichurri dressing!



4. Cook the Steaks

When the **potatoes** and **corn** have about 15 mins left, put a frying pan on high heat with a drizzle of **oil**. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, carefully lay the **steaks** in the pan and brown for a minute on each side. Once browned, lower the heat slightly and cook for another 1-2 mins on each side. **TIP:** *This will cook the steak to medium rare - if you like yours less rare just cook for 1-2 mins more.* **IMPORTANT:** Steak is safe to eat when the outside is no longer pink.

5. Glaze it Up

As soon as the **steaks** are cooked to your liking, transfer to a clean plate and spread the **BBQ sauce** all over both sides. Loosely cover with foil and leave to rest for a few mins - this will help the **steak** get nice and juicy.



6. Serve

Divide the **sweet potato** and **corn** between your plates. Slice the **steaks** and lay alongside, making sure your drizzle over the **BBQ-y juices**! Finish by spooning the **chimichurri dressing** all 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.