

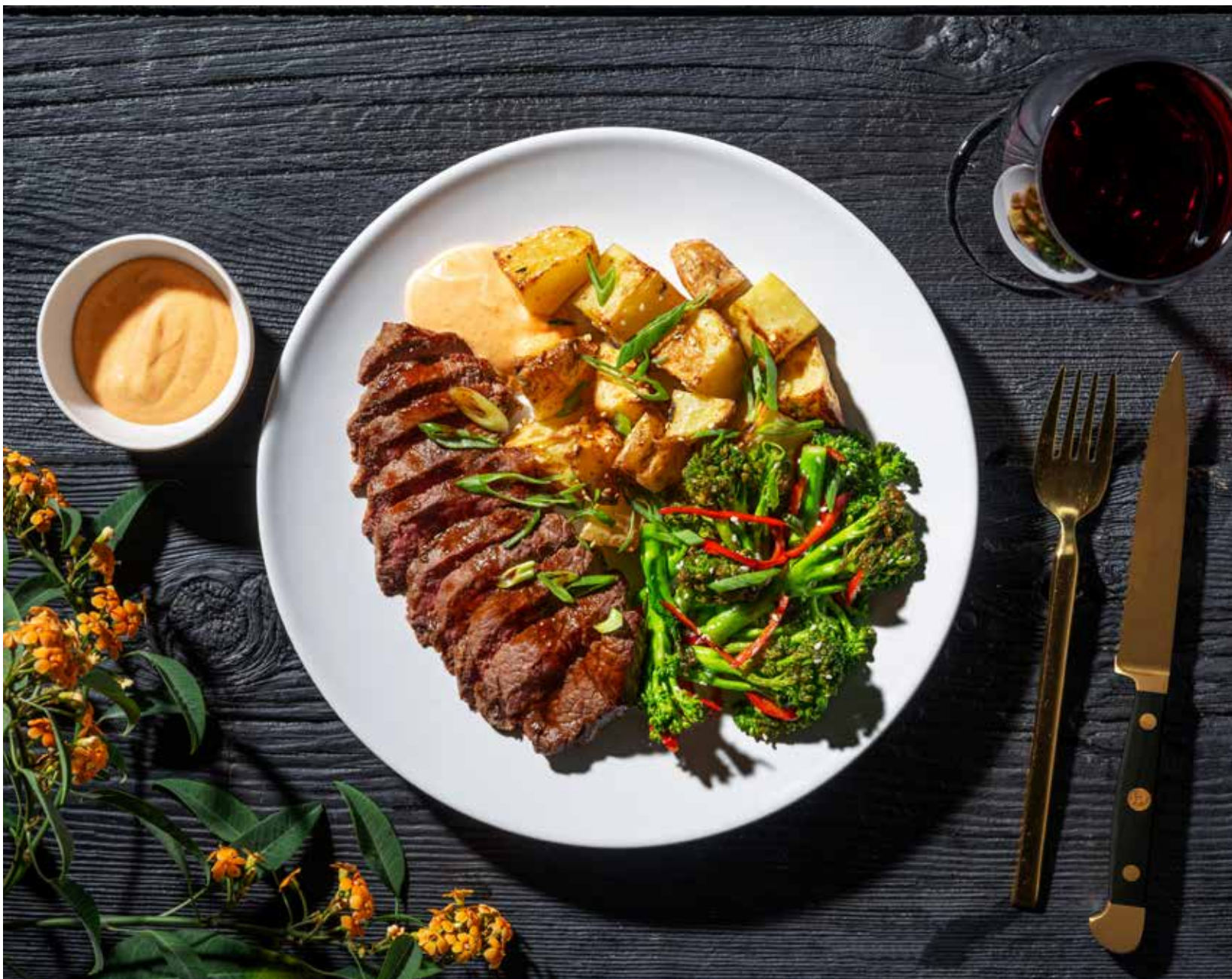


Korean Inspired Sirloin Steak Night

with Spicy Mayo, Sesame Tenderstem® and Roasted Potatoes

Premium 35-40 Minutes • Mild Spice

32



Sirloin Steak



Potatoes



Roasted White
Sesame Seeds



Red Chilli



Spring Onion



Mayonnaise



Sriracha



Ketjap Manis



Tenderstem®
Broccoli

Pantry Items

Sugar, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray, bowl and frying pan.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------------|----------|-----------|-----------|
| Sirloin Steak** | 2 | 3 | 4 |
| Potatoes** | 450g | 700g | 900g |
| White Roasted Sesame Seeds 3) | 1 sachet | 1 sachet | 2 sachets |
| Red Chilli** | 1 | 1 | 1 |
| Spring Onion** | 1 | 2 | 2 |
| Mayonnaise 8) 9) | 1 sachet | 2 sachets | 2 sachets |
| Sriracha | 2 sachet | 3 sachet | 4 sachets |
| Ketjap Manis 11) | 1 sachet | 2 sachets | 2 sachets |
| Sugar* | 1 tsp | 1½ tsp | 2 tsp |
| Olive Oil* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Tenderstem® | | | |
| Broccoli** | 80g | 150g | 150g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 509g | 100g |
| Energy (kJ/kcal) | 2728 / 652 | 536 / 128 |
| Fat (g) | 28.2 | 5.5 |
| Sat. Fat (g) | 8.6 | 1.7 |
| Carbohydrate (g) | 55.6 | 11.1 |
| Sugars (g) | 15.7 | 3.1 |
| Protein (g) | 45.0 | 8.8 |
| Salt (g) | 1.64 | 0.32 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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1



Roast the Potatoes

Preheat your oven to 200°C and remove the **steaks** from your fridge to allow them to come up to room temperature.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle on **half the sesame seeds**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

4



Fry the Steak

Wipe out your frying pan and pop back on high heat with a drizzle of **oil**. Season the **steaks** with **salt** and **pepper**.

When hot, lay the **steaks** into the pan and fry until browned, 1 min each side.

Lower the heat slightly and cook for another 1-2 mins on each side for medium-rare. **TIP:** Cook for 1-2 mins more if you like it more well done.

IMPORTANT: Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.

2



Get Prepped

Meanwhile, halve the **chilli** lengthways, deseed, then thinly slice. Trim and thinly slice the **spring onions**.

In a small bowl, mix the **mayo** with **half the sriracha**, then set aside your **spicy mayo**.

In another small bowl, mix together the **ketjap manis**, **sugar** (see ingredients for amount) and remaining **sriracha**. Add the **olive oil** (see ingredients for amount) and mix well - this is your **glaze**.

5



Add the Glaze

When the **steaks** are almost cooked, pour in the **glaze**. Cook for the final min then remove from the heat.

Turn the **steaks** to evenly coat them in the **glaze**.

Transfer to a plate, then cover with foil and allow to rest for a couple of mins.

3



Cook the Broccoli

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **broccoli**, **chilli** and remaining **sesame seeds**. Stir-fry for 3-4 mins, then add a splash of **water**. Cover with a lid or some foil and cook until tender, 2-3 more mins.

Season, then transfer to a bowl and cover to keep warm.

6



Serve Up

When rested, thinly slice the **steaks** widthways, then serve on plates, spooning over any remaining **glaze** from the pan.

Share out the **broccoli** and **potatoes** alongside with a dollop of **spicy mayo**.

Sprinkle over the **spring onion** to garnish.

Enjoy!