



# Korean Inspired Steak Night

with Spicy Mayo, Sesame Green Beans and Roasted Potatoes

Premium 30 Minutes • Little Spice

N° 30



Sirloin Steak



Potatoes



Sesame Seeds



Chilli



Green Beans



Spring Onion



Mayonnaise



Sriracha



Ketjap Manis



Honey

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Measuring Spoon, Frying Pan with Lid, Aluminum Foil.

## Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes**	450g	700g	900g
Sesame Seeds <b>3)</b>	15g	15g	15g
Chilli**	1	1	1
Green Beans**	150g	200g	300g
Spring Onion**	2	3	4
Mayonnaise <b>8) 9)</b>	1 sachet	2 sachets	2 sachets
Sriracha	1 sachet	1 sachet	2 sachets
Ketjap Manis <b>11) 13)</b>	1 sachet	2 sachets	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>562g</b>	<b>100g</b>
Energy (kJ/kcal)	2885/690	514/123
Fat (g)	31	5
Sat. Fat (g)	10	2
Carbohydrate (g)	59	11
Sugars (g)	17	3
Protein (g)	46	8
Salt (g)	1.19	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten**

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Started

Preheat your oven to 200°C and remove the **steak** from the fridge. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil** and sprinkle on **half** the **sesame seeds**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## 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 the **oil** is hot, lay the **steaks** in the pan and brown for a minute on 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 cooked. **IMPORTANT:** Wash your hands after handling raw meat. The steak is safe to eat when the outside is cooked.



## Finish the Prep

Meanwhile, halve the **chilli** lengthways, deseed then thinly slice. Trim the **green beans**. Trim and thinly slice the **spring onions**. In a small bowl mix the **mayo** with **half** the **sriracha**. Set aside for serving later. In another small bowl, mix the remaining **sriracha**, **ketjap manis** and **honey**. **TIP:** If your honey has hardened, pop the unopened sachet in a bowl of hot water for 1 min. Add the **olive oil** (see ingredients for amount) and mix well.



## Add the Glaze

Once the **steak** is cooked, pour in the sticky **mixture** and **glaze** the **steak** for 1 minute more, turning the **steak** over in the pan to cover it all sides. Remove to a plate to rest for a couple of mins, loosely covered with foil.



## Fry the Beans

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **beans**, **chilli** and the remaining **sesame seeds** and fry, stirring often until charred, 2-3 mins. Add a splash of **water** to the pan, cover with a lid or foil and steam-fry until the **beans** are tender, 3-5 mins. Season with **salt** and **pepper**, remove to a bowl and cover with foil to keep warm.



## Serve Up

Serve the **steak** on plates with a portion of the **chilli sesame beans**, the **sesame potatoes** on the side and a dollop of **spicy sriracha mayo**. Pour over any resting **juices** and the sticky **sauce** from the pan over the **steak**. Sprinkle over the **spring onion**.

## 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.