



Matured Sirloin Steak

with Provencale Traybake and Balsamic Herby Drizzle



PREMIUM 40 Minutes • 1.5 of your 5 a day



Potato



Provencale Herbs



Aubergine



Red Pepper



Garlic Clove



Flat Leaf Parsley



Balsamic Vinegar



Sirloin Steak



Rocket

Before you start

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

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Provencale Herbs	½ pot	¾ pot	1 pot
Aubergine**	1	1½	2
Red Pepper**	1	1½	2
Garlic Clove**	½	½	½
Flat Leaf Parsley**	½ bunch	1 bunch	1 bunch
Balsamic Vinegar (14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Sirloin Steak**	2	3	4
Rocket**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	670g	100g
Energy (kJ/kcal)	2243 / 536	335 / 80
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	48	7
Sugars (g)	9	1
Protein (g)	45	7
Salt (g)	0.35	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Roast The Spuds

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, sprinkle on **half** of the **Provençale herbs** and season with **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Cook The Steak

When the **veggies** have about 10 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, 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: The steak is safe to eat when the outside is no longer pink.**



2. Prep The Veggies

Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Pop the **veggies** onto another baking tray and drizzle with **oil**. Sprinkle on the remaining **Provençal herbs**, season with **salt** and **pepper** and use your hands to coat the **veggies** evenly. Roast in your oven until soft and charred, 25-30 mins.



5. Finish Off

When the **steaks** are cooked, transfer them to your chopping board, cover with foil and allow to rest for a couple of minutes. Pop the **rocket** into a bowl and pour in **half** of the **dressing**. When ready, add the **roasted veggies** to the bowl and toss to coat in the **dressing**. Get ready to serve.



3. Make The Dressing

Peel and grate the **garlic** (or use a garlic press). Finely chop the **flat leaf parsley** (stalks and all). In a small bowl, mix the **balsamic vinegar** and **olive oil** (see ingredients for amount) together. Stir in the **flat leaf parsley** and as much **garlic** as you fancy. **TIP: We recommend starting with a tiny amount, tasting and adding more if you want the dressing extra garlicky!**



6. Time To Eat!

Share the **wedges** between your plates and serve the **salad** alongside. Slice the **steak** and arrange on the plate. Finish by spooning the remaining **dressing** over the **steak**.

Tuck in!