



# Pan-Fried Sirloin Steak and Roasted Shallots

with Sautéed Tenderstem Broccoli, Mashed Potato and Garlic Parsley Butter

N° 20

**PREMIUM** 40 Minutes • 1 of your 5 a day



Sirloin Steak



Butter



Echalion Shallot



Balsamic Vinegar



Potato



Tenderstem Broccoli®



Garlic Clove



Flat Leaf Parsley

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Baking Tray, Colander, Fine Grater (or Garlic Press) and Frying Pan.

### Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Butter 7)**	30g	45g	60g
Echalion Shallot**	2	3	4
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Potato**	1 small pack	1 large pack	2 small packs
Tenderstem Broccoli***	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	566g	100g
Energy (kJ/kcal)	2657 /635	470 /112
Fat (g)	31	6
Sat. Fat (g)	16	3
Carbohydrate (g)	46	8
Sugars (g)	5	1
Protein (g)	46	8
Salt (g)	0.28	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 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.

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** and **butter** from the fridge to bring them up to room temperature. Preheat your oven to 160°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the potatoes. Halve and peel the **shallots** then separate out the layers.



## 4. Cook the Steak

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. 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, cook for 1-2 mins more. **IMPORTANT:** The steak is safe to eat when the outside is brown. Transfer to a plate, top with the **garlic parsley butter**. Cover with foil and leave to rest.



## 2. Cook the Potatoes

Pop the **shallot** layers on a baking tray, drizzle with **oil** and the **balsamic vinegar**. Season with **salt** and **pepper**. Roast on the top shelf of your oven until soft, 15-20 mins. Meanwhile, peel and chop the **potatoes** into 2cm chunks. When the **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. Drain in a colander and return to the pan (off the heat).



## 5. Cook the Tenderstem

Return the now empty pan to medium heat with a drizzle of **oil**. Add the **tenderstem** and stir-fry until slightly browned, 1-2 mins, add a splash of **water**, cover with a lid (or some foil) and steam-fry until just tender, 3-4 mins. Season with **salt** and **pepper**. Meanwhile, mash the **potatoes** until smooth, adding a knob of **butter** and a splash of **milk** (if you have any). Season with **salt** and **pepper**.



## 3. Make the Butter

Meanwhile, halve the **tenderstem broccoli** widthways. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Put the **butter** in a small bowl and mash with a fork until soft. Stir in the **garlic** and **parsley**. Set aside.



## 6. Serve

Divide the **mash** between your plates. Slice the **steaks** and lay on top, drizzling over the **garlic parsley butter** (which should have melted while the steaks rested!). Serve the **tenderstem broccoli** and **roasted shallots** alongside.

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.