



Pan-Fried Sirloin Steak

with Black Garlic Butter, Mash and Pea Shoots Salad

PREMIUM 20 Minutes • Little Heat

N° 13



Sirloin Steak



Butter



Potato



Spring Onion



Black Garlic Cloves



Chilli Flakes



Dijon Mustard



Red Wine Vinegar



Peas Shoots

Before you start

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

Basic cooking tools you will need:

Potato Peeler, Saucepan, Frying Pan and Colander.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Butter 7)**	30g	45g	60g
Potato**	1 small pack	1 large pack	2 small packs
Spring Onion**	1	2	2
Black Garlic Cloves**	1 clove	2 cloves	2 cloves
Chilli Flakes	a pinch	a pinch	a pinch
Dijon Mustard 9)	½ sachet	¾ sachet	1 sachet
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Pea Shoots**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	473g	100g
Energy (kJ/kcal)	2885 / 690	610 / 146
Fat (g)	40	8
Sat. Fat (g)	17	4
Carbohydrate (g)	42	9
Sugars (g)	2	1
Protein (g)	44	9
Salt (g)	0.36	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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. Cook the Mash

Fill and boil your kettle. Get the **steak** and **butter** out of the fridge. Peel the **potatoes** and chop into 2cm chunks. Pop the **potato chunks** into a saucepan with ½ tsp of **salt** and cover with boiling **water**. Put the potato pan onto medium-high heat and cook until you can easily slip a knife through, 15-20 mins.



4. Cook the Steak

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



2. Prep Time

Trim the **spring onion** and thinly slice. Finely chop the **black garlic cloves**. Pop the **butter** into a small bowl and add the **black garlic cloves**. Use a fork to mash the **garlic cloves** into the **butter**. Season with **salt** and a pinch of **chilli flakes** (careful, they're hot!) then keep to one side.



5. Rest the Steak

When the **steak** is cooked to your liking, pop it onto a plate and spoon the **black garlic butter** on top. Cover loosely with foil and leave to rest for 2 mins. Drain the **potatoes** in a colander and return to the pan off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper** and stir in the **spring onion**.



3. Make the Dressing

In a medium bowl, mix the **Dijon mustard** (see ingredients for amount) with the **red wine vinegar**. Gradually mix in the **olive oil** (see ingredients for amount) until you have a thick **mustardy dressing**. **TIP: Use a whisk if you have one.** Season with **salt** and **pepper** and keep to one side, we will dress the **pea shoots** later.



6. Finish Off

Share the **mash** between your plates. Pop the **steak** alongside - don't leave any melted **black garlic butter** behind! Toss the **pea shoots** in the **dressing** and add to your plate. Finish with a sprinkle of **chilli flakes**.

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.