



SIRLOIN STEAK

WITH GARLIC & CHERVIL SAUCE, ROASTED POTATOES AND TENDERSTEM®

SPECIALITY INGREDIENT



XX

XXX



Sirloin Steak



Potato



Echalion Shallot



Garlic Clove



Chervil



Tenderstem® Broccoli



Chicken Stock Powder



Unsalted Butter

Did anyone ever tell you that fat and water separate? Today we're performing a little alchemy by defying the laws of chemistry. To make a delicious sauce to accompany your sirloin steak, we're going to suspend the two liquids within each other by vigorously whisking them together. This is emulsification! Stock + Butter + a little love and whisking = saucy buttery heaven.

40 mins

1.5 of your 5 a day

MEAL BAG

13

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Baking Tray, Fine Grater** (or **Garlic Press**), **Ladle, Measuring Jug, Colander, Frying Pan**, some **Foil** and a **Whisk**. Now, let's get cooking!



1 COOK THE POTATO

Preheat your oven to 220°C and put a large saucepan of water with a pinch of salt on to boil for the potato. Remove the **steak** from your fridge to bring it up to room temperature. Add a glug of **oil** to a baking tray and pop into your oven for the potato later on (hot oil = crisp potatoes). Chop the potato into 2cm chunks (no need to peel). Add to the boiling water, bring back to the boil and simmer for 10 mins.



2 PREP TIME!

Meanwhile, halve, peel and finely slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **chervil** (stalks and all).



3 ROAST THE POTATOES

When the 10 mins are up, ladle out some of the **potato water** (see ingredients for amount) into a measuring jug, then drain the **potato** in a colander. Remove the baking tray from your oven, tip the **potato** into your tray (careful, the oil is hot). Season with a pinch of **salt** and **pepper**. Roast on the top shelf of your oven until crisp, 15-20 mins. Refill your now empty saucepan with water and put on high heat.



4 FRY THE STEAKS

Put a frying pan on high heat (no oil). Drizzle the **steak** with **oil**, season with **salt** and **pepper** then rub into the **meat**. Lay the **steak** in the pan and cook until medium rare, 4 mins on each side. For medium, cook for a further 2 mins on each side. Once cooked, rest on your chopping board covered loosely with foil (for maximum juiciness).



5 START THE SAUCE

Add the **tenderstem**® to your pan of boiling water with a pinch of **salt**. Simmer until tender then drain, 5-6 mins. Meanwhile, pop your frying pan back on medium heat (don't wash) with a drizzle of **oil**. Add the **shallot**, cook, stirring, until soft, 3-4 mins. Add the **garlic**, cook for 1 minute, then pour in the reserved **potato water**. Stir in the **stock powder**.



6 FINISH AND SERVE

Bring the **sauce** to the boil, then reduce the heat and simmer. ★ **TIP:** *If you have a whisk, now is the time to get it out!* Add the **butter** and whisk/stir vigorously until combined and emulsified (see story!). The **sauce** will thicken slightly. Stir in the **chervil** then take the pan off the heat. Serve the **steak** with the **roasted potatoes** and **tenderstem**® alongside and the **sauce** drizzled over the top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sirloin Steak *	2	3	4
Potato *	1 small pack	1 large pack	2 small packs
Echalion Shallot *	1	2	2
Garlic Clove *	1	2	2
Chervil *	1 bunch	1 bunch	1 bunch
Potato Water*	100ml	150ml	200ml
Tenderstem® Broccoli *	1 small pack	¾ large pack	1 large pack
Chicken Stock Powder	¼ sachet	½ sachet	½ sachet
Unsalted Butter 7) *	30g	30g	30g

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 531G	PER 100G
Energy (kcal)	653	123
(kJ)	2732	515
Fat (g)	32	6
Sat. Fat (g)	16	3
Carbohydrate (g)	51	10
Sugars (g)	4	1
Protein (g)	46	9
Salt (g)	0.40	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

PAIR THIS MEAL WITH

A full bodied red like a Pinot Noir

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

ENJOYING OUR PREMIUM RECIPES? Or if you just have feedback in general, please get in touch via: hello@hellofresh.co.uk



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HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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