



SIRLOIN STEAK

WITH LYONNAISE POTATOES AND PEPPERCORN SAUCE

SPECIALITY INGREDIENT



HELLO PEPPERCORNS

Peppercorns don't only come in black, other variants include pink, green, white and red!



Sirloin Steak



Potato



Red Onion



Echalion Shallot



Flat Leaf Parsley



Black Peppercorns



White Wine Vinegar



Chicken Stock Powder



Crème Fraîche

MEAL BAG

45 mins

2 of your 5 a day

Sirloin steak and peppercorn sauce go together like, well, sirloin steak and peppercorn sauce. But tonight, we've added a third showstopper: André's take on Lyonnaise potatoes uses red onion instead of white for a vibrant colour, whilst still packing the same flavour. The trick to perfecting steak is a very, very hot pan to lock in all those tasty juices and make everything oh-so delicious.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper, Baking Tray, Large Saucepan, Frying Pan**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 START THE POTATO

Preheat your oven to 200°C and take the **steak** out of your fridge. Chop the **potato** into 2cm chunks (no need to peel), then pop on a lined baking tray. Drizzle with **oil** and a pinch of **salt** and spread out in one layer. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



2 CARAMELISE THE ONION

Halve, peel and thinly slice the **red onion** into half moons. Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** with a pinch of **salt**, stir and cook until soft and caramelised, 15-20 mins. Stir every now and then to make sure it is not burning. When soft, transfer to a small bowl and cover to keep warm. We will be adding them to the potato later.



3 PREP THE REST

Meanwhile, halve, peel and thinly slice the **shallot** into half moons. Roughly chop the **parsley** (stalks and all). Crush the **peppercorns** in a freezer bag with the bottom of a saucepan or a rolling pin. Season the **steak** with a pinch of **salt** and **pepper**.



4 FRY THE STEAK

Heat a splash of **oil** in a frying pan over high heat. Once hot, lay in the **steak**. Cook until browned, 2-3 mins on each side for medium-rare. Cook for a further minute on each side if you like it medium. Transfer to a plate, cover with foil and leave to rest for a few mins.



5 MAKE THE SAUCE

Return your now empty pan to medium heat and add a splash of **oil**. Add the **shallot** and stir until soft, 5 mins. Add the crushed **peppercorns** and stir in the **white wine vinegar**. Allow the **vinegar** to bubble away. Stir in the **stock powder** and **water** (see ingredients for amount) and allow it to reduce for 3 mins. Stir in the **crème fraîche**, then take off the heat.



6 FINISH AND SERVE

When ready, take the **potato** out of your oven and spread the **caramelised red onion** on top. Return to your oven to warm through while the **steak** rests. Reheat the **sauce** over medium heat until piping hot. Add any **steak resting juices** and the **parsley** to the **sauce**. Taste and add **salt** if necessary. Share the **potatoes** between your plates. Cut each **steak** thinly and place alongside the **potatoes**. Spoon the **sauce** over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sirloin Steak	2	3	4
Potato	1 pack	1 pack	2 packs
Red Onion	1	1	2
Echalion Shallot	1	2	2
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Black Peppercorns	1 pot	2 pots	2 pots
White Wine Vinegar (14)	1 tbsp	2 tbsp	2 tbsp
Water*	100ml	200ml	300ml
Chicken Stock Powder	½ pot	1 pot	1 pot
Crème Fraîche (7)	1 small pot	1 large pot	1 large pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 617G	PER 100G
Energy (kcal)	602	98
(kJ)	2519	408
Fat (g)	26	4
Sat. Fat (g)	12	2
Carbohydrate (g)	55	9
Sugars (g)	9	1
Protein (g)	47	8
Salt (g)	0.77	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

PAIR THIS MEAL WITH

A full bodied red like a Pinot No

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.

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