



SIRLOIN STEAK

WITH BOURGUIGNON-STYLE SAUCE, HONEY ROASTED ROOTS AND SPINACH

SPECIALITY INGREDIENT



HELLO PARSNIP

Before cane sugar was brought to Europe, parsnips were used as sweeteners.



Parsnip



Chantenay Carrots



Honey



Pancetta



Echalion Shallot



Closed Cup Mushrooms



Garlic Clove



Sirloin Steak



Red Wine Stock Pot



Baby Spinach

MEAL BAG

40 mins

4 of your 5 a day

The trick to a perfectly cooked steak? We've got three: 1) Make sure it's at room temperature before you cook it 2) Get the pan really hot before cooking 3) Once cooked, leave it to rest for at least five minutes before slicing. Resting allows the juices to spread evenly through the meat, and gives you a much more succulent steak. Over to you, chef!

BEFORE YOU START

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



1 ROAST THE ROOTS

Preheat your oven to 200°C. Remove the ends from the **parsnip** (no need to peel!), halve lengthways and chop into batons the size of your index finger. Remove the ends from the **carrots** (no need to peel!) and halve lengthways. Put the **parsnip** and **carrots** on a lined baking tray, drizzle over the **honey** and season with **salt** and **pepper**. Roast on the top shelf of your oven until golden, 25-30 mins. Halfway through cooking, turn the **veggies** and add the **pancetta**.



2 PREP THE VEGGIES

Meanwhile, halve, peel and finely chop the **shallot**. Quarter the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). When the **veggies** have about 12 mins left to roast put a frying pan on high heat (no **oil**) and allow it to get nice and hot - this is for the **steak**.



3 COOK THE STEAK

Season the **steak** on both sides with a pinch of **salt**, plenty of **pepper** and a drizzle of **oil**. Rub the **oil** into the **meat**. When the pan is really hot, carefully lay in the **steak** and cook for 3-4 mins on each side. When ready, remove to a plate, cover with foil and rest. ★**TIP**: Cook for a couple more mins on each side for a more well-done steak. Don't wash your pan, we'll use it to make the **sauce**.



4 MAKE THE SAUCE

Add a drizzle of **oil** to the now empty pan on medium heat. Add the **shallot** and **mushrooms** and cook, stirring, until starting to colour, 2-3 mins. Add the **stock pot** and **water** (see ingredients for amount), bring to the boil, stirring to dissolve the **stock pot**, then lower the heat and simmer until thickened, 2-3 mins.



5 SAUTÉ THE SPINACH

While the **sauce** reduces, heat a splash of **oil** in another frying pan on medium heat. Add the **garlic** and cook, stirring, for 30 seconds. Add the **baby spinach** and allow to wilt, 2-3 mins. Season with plenty of **pepper**.



6 SERVE

Arrange the **honey roasted roots** on your plates topped with the **spinach**. Serve the **steak** on top and finish with the **bourguignon-style sauce**. **Enjoy!**

2 PEOPLE INGREDIENTS

Parsnip, chopped	1
Chantenay Carrots, halved	1 pack
Honey	1 tbsp
Pancetta	60g
Echalion Shallot, chopped	1
Closed Cup Mushrooms, quartered	1 small punnet
Garlic Clove, grated	1
Sirloin Steak	2
Red Wine Stock Pot (14)	1
Water*	150ml
Baby Spinach	1 small bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 619G	PER 100G
Energy (kcal)	517	84
(kJ)	2163	350
Fat (g)	20	3
Sat. Fat (g)	8	1
Carbohydrate (g)	34	6
Sugars (g)	26	4
Protein (g)	51	8
Salt (g)	1.81	0.29

ALLERGENS

14) Sulphites

Red Wine Stock Pot: Water, Sugar, Salt, Reduced Wine (**Sulphites**) (11%), Glucose Syrup, Dried Onion, Natural Flavouring, Stabiliser (Tara Gum).

PAIR THIS MEAL WITH

A soft, fruity red such as Zinfandel.

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

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

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