



# SIRLOIN STEAK

WITH BOULANGERE POTATOES AND TENDERSTEM®



• SPECIALITY INGREDIENT •



**HELLO BOULANGERE**

*Boulangere is the French method of cooking potatoes in the oven!*



Echalion Shallot



Potato



Chicken Stock Powder



Rosemary



Butter



Tenderstem® Broccoli



Sirloin Steak



Red Wine Stock Pot

Perfect for a special night in, we've served this week's premium sirloin steak with a rich red wine jus, roasted tenderstem® broccoli and melt-in-the-mouth boulangère potatoes. A quick and easy way to jazz up potatoes, this is the only way you'll want to eat them from now on! For optimum juiciness, don't forget to rest your steaks five minutes after cooking.

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 have a **Large Frying Pan, Peeler, Measuring Jug, Ovenproof Dish**, some **Foil, Baking Paper** and a **Baking Tray**. Now, let's get cooking!



### 1 PREP TIME

Preheat your oven to 200°C and boil your kettle. Halve, peel and finely slice the **shallot**. Heat a drizzle of **oil** in a large frying pan on medium heat. Add the **shallot** and cook, stirring occasionally, until soft, 4-5 mins. Meanwhile, peel the **potato** then chop into thin discs (as thin as you can - this will help them cook!). In a measuring jug, mix the boiling **water** for the potato (see ingredients for amount) and **stock powder**.



### 4 ROAST THE BROCCOLI

Meanwhile, pop the **tenderstem®** on a lined baking tray and drizzle with **oil**. Season with a pinch of **salt** and **pepper**, toss to coat then spread out. When your **potatoes** have 10 mins left, roast the **tenderstem®** on the middle shelf of your oven until tender, 10-12 mins.



### 2 BOULANGERE TIME

Transfer **half** of the cooked **shallots** to a small bowl and set aside - you'll be using the ones left in the pan for this step. Arrange a single layer of **potato discs** in the base of an ovenproof dish. Season with **salt** and **pepper**, then spoon over a third of the **shallots** and add a sprig of **rosemary**. Repeat twice more with another layer of **potato**, **seasoning**, **shallots** and **rosemary**, then finish with a final layer of **potato** on top.



### 5 COOK THE STEAK

Wipe out the frying pan you used earlier then return to high heat (no oil). Drizzle the **steaks** with **oil**, season with **salt** and **pepper** and rub into the **meat**. Lay the **steaks** in the pan and cook until medium rare, 1-2 mins on each side. For medium, cook for a further 1 minute on each side. Transfer to a plate, cover loosely with foil and leave to rest.

**! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



### 3 BAKE THE POTATO

Dot the **potato** with the **butter** then pour the **chicken stock** into the dish - it should only cover the **potato** about halfway so use more or less **liquid** depending on the size of your dish! Cover tightly with foil then bake on the top shelf of your oven for 30-35 mins, removing the foil halfway through cooking.



### 6 FINISH AND SERVE

Allow the pan to cool slightly, then return to a medium heat and add the reserved **shallots**. Stir in the **water** for the sauce (see ingredients for amount) and **stock pot**. Bring to the boil then reduce the heat and simmer until thick and glossy, 2-3 mins. Slice the **steaks** into 5 pieces. Serve the **steak** alongside the **boulangere potatoes** and **tenderstem®**. Finish with a drizzle of **red wine jus**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot	2	3	4
Potato	1 small pack	1 large pack	2 small packs
Water for the Potato*	200ml	300ml	400ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Rosemary	½ sprig	1 sprig	1 sprig
Butter 7)	30g	45g	60g
Tenderstem® Broccoli	1 small pack	1 large pack	1 large pack
Sirloin Steak	2	3	4
Water for the Sauce*	150ml	200ml	250ml
Red Wine Stock Pot 14)	1	1	1½

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 573G	PER 100G
Energy (kcal)	673	117
(kJ)	2814	491
Fat (g)	32	6
Sat. Fat (g)	16	3
Carbohydrate (g)	55	10
Sugars (g)	9	2
Protein (g)	46	8
Salt (g)	0.80	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 14) Sulphites

### PAIR THIS MEAL WITH

A red wine like a Malbec

**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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## BEFORE YOU EAT

Behold the juicy steak in front of you! Stand back and admire for just as long as you can resist taking a bite. Taking note and acknowledging small victories can help boost daily feelings of joy.