



SIRLOIN STEAK

WITH BOULANGERE POTATOES AND TENDERSTEM®

SPECIALITY INGREDIENT



HELLO ROSEMARY

Rosemary was used in Ancient Greece to strengthen the memory. Greek scholars wore sprigs of rosemary in their hair when they studied as they believed it strengthened the memory!



Echalion Shallot



Potato



Chicken Stock Powder



Rosemary



Butter



Tenderstem® Broccoli



Sirloin Steak



Red Wine Stock Pot

MEAL BAG

40 mins

1.5 of your 5 a day

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.

19

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**.



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.



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.



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.



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! The steak is safe to eat when the outside is cooked.



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 bunch	1 bunch	1 bunch
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 pot	1 pot	1½ pots

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 572G	PER 100G
Energy (KJ/ kcal)	2807/ 671	491/ 117
Fat (g)	32	6
Sat. Fat (g)	16	3
Carbohydrate (g)	55	10
Sugars (g)	9	2
Protein (g)	46	8
Salt (g)	2.62	0.46

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.

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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