



Sirloin Steak and Creamed Spinach with Roasted Potatoes and Peppercorn Sauce

Premium 45 Minutes

N° 25



Sirloin Steak



Red Onion



Potato



Echalion Shallot



Flat Leaf Parsley



Black Peppercorns



Garlic Clove



Cider Vinegar



Chicken Stock Powder



Crème Fraîche



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Large Saucepan, Measuring Jug, Frying Pan and some Foil.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Red Onion**	1	1	2
Potato**	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Black Peppercorns	1 small pot	1 large pot	2 small pots
Garlic Clove**	1 clove	2 cloves	2 cloves
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche 7) **	150g	225g	300g
Baby Spinach**	1 small bag	1 large bag	2 small bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	3048 / 729	472 / 113
Fat (g)	41	6
Sat. Fat (g)	18	3
Carbohydrate (g)	53	8
Sugars (g)	8	1
Protein (g)	47	7
Salt (g)	1.11	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Potato

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



Caramelize the Onion

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** and season with salt. Stir and cook until soft and caramelised, 10-12 mins. Stir every now and then to make sure it's not burning. When soft, transfer to a bowl and cover to keep warm. We will be adding them to the potato later.



Prep the Rest

Meanwhile, halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all). Crush the **peppercorns** in a freezer bag with the bottom of a saucepan or a rolling pin. Peel and grate the **garlic** (or use a garlic press). Season the **steak** with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw meat.



Make the Sauce

Return your now-empty saucepan to medium heat and add a splash of **oil**. Add the **shallot** and cook until soft, stirring frequently, 4-5 mins. Add the crushed **peppercorns** and stir in the **cider vinegar**. Allow the **vinegar** to bubble away, 1-2 mins. Stir in the **stock powder** and **water** (see ingredients for amount) and allow it to reduce by half, 3-4 mins. Stir in **half** the **crème fraîche**, then remove from the heat and set aside.



Fry the Steak

Heat a splash of **oil** in a frying pan over high heat. Once hot, lay in the **steak**. Cook until browned, 1-2 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. **IMPORTANT:** Steak is safe to eat when the outside is no longer pink. Pop your pan back on medium heat and add the **spinach** and **garlic**. Season with **salt** and **pepper**, stir together and cook until wilted, 1-2 mins. Stir in the remaining **crème fraîche** and cook until piping hot. Taste and add **salt** and **pepper** if you feel it needs it, then remove the pan from the heat.



Finish and Serve

When everything is ready, reheat the **sauce** over medium-heat until it's piping hot. Add any **steak resting juices** and the **parsley** to the **sauce**. Taste and add **salt** if necessary. Take the **potato** out of your oven and spread the **caramelised red onion** on top of them, mix together and share them between your plates. Cut each **steak** thinly and place alongside the **potatoes**. Spoon the **sauce** over the **steak** and serve the **creamed spinach** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.