



# Sirloin Steak and Rosemary Wedges

with Soy Balsamic Red Cabbage and Potato Wedges

Premium 35-40 Minutes • Little Spice • 1 of your 5 a day

30



Sirloin Steak



Potato



Rosemary



Red Cabbage



Mustard Seeds



Soy Sauce



Balsamic Vinegar



Redcurrant Jelly

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Saucepan, Frying Pan, Spatula

## Ingredients

	2P	3P	4P
Sirloin Steak	2	3	4
Potato	450g	700g	900g
Rosemary	½ bunch	¾ bunch	1 bunch
Red Cabbage	1	1	1
Mustard Seeds <b>9)</b>	1 small pot	1 large pot	1 large pot
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Balsamic Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Redcurrant Jelly	1 pot	2 pots	2 pots
Water*	75ml	100ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	2274 / 544	414 / 99
Fat (g)	86	16
Sat. Fat (g)	8	1
Carbohydrate (g)	50	9
Sugars (g)	10	2
Protein (g)	44	8
Salt (g)	1.00	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**9)** Mustard **11) 13)** Soya **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

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Preheat your oven to 200°C and remove your **steak** from the fridge to allow it to come up to room temperature. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Cut the **cabbage** in half lengthways through the root, remove the triangle root in the middle, then slice thinly.



## Finish the Cabbage

Once the **cabbage** is tender, remove the lid, increase the heat to medium and cook until the **liquid** has reduced, 8-10 mins. Remove from the heat.



## Roast the Wedges

Meanwhile, pop the **wedges** on a large, low sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper** and sprinkle over the **rosemary**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **Tip:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Fry the Steak

Five mins before the **potatoes** and **cabbage** are cooked, heat a drizzle of **oil** in a frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. Lower the heat slightly and cook for another 1-2 mins on each side for medium-rare. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** The steak is safe to eat when the outside is browned.



## Cook the Cabbage

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat. Once the **oil** is hot, add the **cabbage** and **mustard seeds** and stir-fry for 2 mins. Pour in the **soy sauce**, **balsamic vinegar**, **red currant jelly** and **water** (see ingredients for both amounts). Stir and bring to a simmer, then reduce the heat to medium-low, cover with a lid and leave to cook until the **cabbage** is tender, 10-12 mins. Stir twice in this time.



## Season and Serve

Once cooked, remove the **steak** to a board and cover with foil - allow to rest for a couple of minutes. Once everything is ready, cut the **steak** into 2cm slices and serve with the **wedges** and a good spoonful of **red cabbage**.

## 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.