



Sirloin Steak

with Roast Potatoes, Creamed Spinach and Peppercorn Sauce

Premium 45 Minutes • 1 of your 5 a day

N° 30



Sirloin Steak



Red Onion



Potatoes



Echalion Shallot



Flat Leaf Parsley



Black Peppercorns



Garlic Clove



Cider Vinegar



Chicken Stock Paste



Creme Fraiche



Baby Spinach

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Bowl, Garlic Press, Measuring Jug, Frying Pan, Freezer Bag, Aluminum Foil.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Red Onion**	1	1	2
Potatoes**	450g	700g	900g
Echalion Shallot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Black Peppercorns**	1 sachet	1 sachet	2 sachets
Garlic Clove	1	2	2
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Creme Fraiche 7)**	150g	225g	300g
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	632g	100g
Energy (kJ/kcal)	2999/717	474/113
Fat (g)	41	7
Sat. Fat (g)	18	3
Carbohydrate (g)	51	8
Sugars (g)	7	1
Protein (g)	47	7
Salt (g)	1.29	0.20

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 Potatoes

Preheat your oven to 200°C and take the **steak** out of your fridge. Halve, peel and thinly slice the **red onion**. Chop the **potatoes** 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 is not burning. When soft, transfer to a bowl and cover to keep warm. We will be adding them to the **potatoes** 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 paste** and **water** (see ingredients for amount) and allow it to reduce by half, 3-4 mins. Stir in **half** the **creme fraiche**, 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 browned. 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 **creme fraiche** 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 the **parsley**, taste and add **salt** if necessary. Remove the **potatoes** from your oven, spread over the **caramelised onion**, mix together then divide 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.