



SIRLOIN STEAK

WITH BUTTERY TARRAGON SAUCE, ROASTED RADISH AND BUTTERNUT SQUASH



SPECIALITY INGREDIENT



HELLO CHERVIL

Along with tarragon, chives, and parsley, chervil is considered one of the indispensable 'fines herbes' of French cuisine.



Butternut Squash



Ground Coriander



French Breakfast Radish



Tarragon



Chervil



Echalion Shallot



Sirloin Steak



Cider Vinegar



Chicken Stock Pot



Water



Netherend Butter

40 mins

2 of your 5 a day

Have you ever tried cooking a radish? It mellows their peppery bite and makes a delicious change from having them raw in a salad. They make a tasty and colourful side for sirloin steak served with a buttery herb sauce. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got two **Baking Trays**, some **Baking Paper**, a **Frying Pan**, **Mixing Bowl**, some **Foil** and a **Measuring Jug**.



1 ROAST THE SQUASH

Remove the top and bottom from the **butternut squash**. Slice the **squash** in half lengthways and scoop out the seeds. Cut it widthways into 1cm thick slices, then chop into 1cm cubes. Spread the **squash** out on a baking tray. Drizzle over some **oil**. Sprinkle over the **ground coriander** and a pinch of **salt** and **black pepper**. Ensure the **squash** is well coated then roast on the top shelf of your oven until golden, 25-30 mins.



2 PREP

Meanwhile, trim the **radish** of any green shoots, then cut in half. Remove the **tarragon leaves** from their stalks and finely chop. Roughly chop the **chervil**. Halve, peel and chop the **shallot** as finely as you can. Spread the **radish** out on another lined baking tray, drizzle over some **oil** and season with **salt** and **black pepper**. When the **squash** has 10-12 mins left, pop the **radish** in to roast until just tender.



3 COOK THE STEAK

Put a frying pan on high heat. Put the **steaks** in a mixing bowl and add a drizzle of **oil**. Season well with **salt** and plenty of **black pepper**, then mix to ensure the steaks are well coated. When the pan is smoking hot, carefully lay in the **steaks**. For medium-rare (our favourite), fry for 4 mins each side. When done, remove the pan from the heat and put the steaks on a plate. Cover loosely with foil to rest and keep warm. Keep the pan!



4 MAKE THE SAUCE

Return the pan to low heat (make sure it's not super hot, otherwise your shallot will burn!) and add a drizzle of **oil**. Add the **shallot** and cook, stirring, until softened, 5 mins. Add the **cider vinegar** to the pan and allow it to bubble away before stirring in the **chicken stock pot** and the **water** (amount specified in the ingredient list). Bring the **sauce** up to a boil, lower the heat and simmer until reduced by half, 5 mins.



5 FINISH UP

When the **radish** is cooked (should be just tender), remove from your oven and pop a quarter of the **butter** on top. Toss the **radish** and **butter** together so that the **butter** melts and gives the **radish** a nice glaze. To finish the **sauce**, remove the pan from the heat and add the remaining **butter**. Swirl the pan to melt the **butter**, then give it a quick stir to ensure it's all mixed together. Finally, stir through the **tarragon**.



6 SERVE

Slice the **steak** into five strips. Arrange the **roasted squash** and **radish** on your plates, then place the slices of **steak** on top. Pour any **steak** juices into the **sauce** and gently mix in. Spoon over the **buttery tarragon sauce** and finish with the chopped **chervil**.

ENJOY!

2 PEOPLE INGREDIENTS

Butternut Squash, chopped	1
Ground Coriander	1½ tsp
French Breakfast Radish, halved	1 pack
Tarragon, chopped	1 bunch
Chervil, chopped	1 bunch
Echalion Shallot, chopped	½
Sirloin Steak	2
Cider Vinegar 12)	1 tbsp
Chicken Stock Pot	½
Water*	100ml
Netherend Butter 7)	60g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	633	96
(kJ)	2649	402
Fat (g)	37	6
Sat. Fat (g)	22	3
Carbohydrate (g)	32	5
Sugars (g)	16	2
Protein (g)	45	7
Salt (g)	1.60	0.20

ALLERGENS

7)Milk 12)Sulphites

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

PAIR THIS MEAL WITH

A big red like an Aussie Shiraz



ENJOYING OUR PREMIUM RECIPES?

Or if you just have feedback in general, please get in touch on **0207 138 9055**, or shoot an email to **hello@hellofresh.co.uk** and we'll get back to you.

You made this, now show it off! Share your creations with us:

