



# Sirloin Steak and Chimichurri Butter with Handcut Chips and Tenderstem® Broccoli

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

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Sirloin Steak



Unsalted Butter



Potatoes



Garlic Clove



Spring Onion



Lime



Tenderstem®  
Broccoli



Chilli Flakes

**Pantry Items**

Oil, Salt, Pepper

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, aluminium foil, bowl, frying pan and lid.

## Ingredients

Ingredients	2P	3P	4P
Sirloin Steak**	2	3	4
Unsalted Butter**			
7)	30g	50g	60g
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Spring Onion**	1	2	2
Lime**	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Chilli Flakes	1 pinch	1 pinch	2 pinches

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>545g</b>	<b>100g</b>
Energy (kJ/kcal)	2651 / 634	486 / 116
Fat (g)	31.2	5.7
Sat. Fat (g)	15.9	2.9
Carbohydrate (g)	46.8	8.6
Sugars (g)	4.3	0.8
Protein (g)	45.8	8.4
Salt (g)	0.26	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Chop the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **steaks** and **butter** from your fridge to allow them to come up to room temperature.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Fry your Steaks

Wipe out the (now empty) frying pan and pop on high heat with a drizzle of **oil**. Season the **steaks** with **salt** and **pepper**.

Once hot, lay the **steaks** into the pan and fry until browned, 1 min on each side. Lower the heat slightly and cook for another 1-2 mins on each side if you want them medium-rare. **TIP:** Cook for 1-2 mins more if you like it more well done.

Once cooked, transfer to a plate and spread over the **chimichurri butter**. Loosely cover with foil, then allow to rest for a couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.



## Prep Time

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **parcel** to the **chips'** baking tray and roast until soft, 10-12 mins, then remove from the oven.

While everything roasts, trim and thinly slice the **spring onion**. Zest and halve the **lime**.

Halve any thick **broccoli stems** lengthways.



## Bring on the Broccoli

While the **steaks** rest, pop the frying pan back on medium-high heat with a drizzle of **oil** if the pan is dry.

Once hot, add the **Tenderstem® broccoli** and stir-fry for 2-3 mins, then add a splash of **water**.

Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Season with **salt** and **pepper**.



## Make the Chimichurri Butter

Once softened, add the **butter** to a small bowl with the **spring onion**, **lime zest** and **chilli flakes** (careful, they're hot - add less if you'd prefer things milder). Use a fork to mash until well combined.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash into the **butter**. Set your **chimichurri butter** aside.

Heat a large frying pan on medium-high heat (no oil). Once hot, add the **lime halves**, cut-side down, and cook until charred, 3-4 mins. Set aside for serving.



## Slice and Serve

When ready to serve, slice the **steaks** widthways into 1cm slices and transfer to your plates.

Spoon over any **buttery juices** from the resting plate.

Serve with the **chips**, **broccoli** and a **charred lime half** alongside for squeezing over.

## Enjoy!