



# Sirloin Steak and Creamy Mustard Sauce

with Mini Roast Potatoes and Garlicky Green Beans

32

Premium 35-40 Minutes



Sirloin Steak



Potatoes



Green Beans



Garlic Clove



Chicken Stock  
Paste



Creme Fraiche



Wholegrain  
Mustard

## 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, garlic press, frying pan, lid and aluminium foil.

## Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes**	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Wholegrain Mustard 9)	17g	25g	34g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	536g	100g
Energy (kJ/kcal)	2721 /650	508 /121
Fat (g)	32	6
Sat. Fat (g)	15	3
Carbohydrate (g)	45	8
Sugars (g)	6	1
Protein (g)	46	9
Salt (g)	1.52	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard

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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## Roast the Potatoes

Preheat your oven to 200°C. Remove the **steaks** from your fridge to allow them to come up to room temperature. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potato chunks** 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Make the Sauce

Pop the (now empty) **steak** pan back on medium-high heat. Add the **water for the sauce** (see ingredients for amount) and **chicken stock paste** and bring to the boil. Simmer for 1-2 mins, then stir in the **creme fraiche**. Bring to the boil and let simmer until thickened, 3-4 mins. Stir in the **wholegrain mustard** and remove from the heat. Taste and season with **salt** and **pepper** if needed.



## Start the Prep

Meanwhile, season the **steaks** with **salt** and **pepper**. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



## Cook the Beans

Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then, add a splash of **water** and cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins.



## Cook the Steak

When the **potatoes** have 15 mins of cooking time left, heat a drizzle of **oil** in a large frying pan on high heat. When 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 for medium-rare. **TIP: Cook for 1-2 mins more if you like it more well done.** Once cooked, transfer to a board, cover with foil and 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.**



## Finish and Serve

When everything is cooked, thinly slice the **steaks** widthways and transfer to your plates. Serve the **potatoes** and **green beans** alongside. Spoon the **creamy mustard sauce** over the **steaks** to finish.

Enjoy!