



Sirloin Steak and Garlic Parsley Butter

with Tenderstem® Broccoli, Mashed Potato and Roasted Shallots

Premium 40 Minutes • 1 of your 5 a day

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Sirloin Steak



Unsalted Butter



Potatoes



Echalion Shallot



Balsamic Vinegar



Tenderstem®
Broccoli



Garlic Clove



Flat Leaf Parsley

Before you start

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

Cooking tools

Saucepan, Colander, Bowl, Frying Pan and Lid.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Unsalted Butter**			
7)	30g	45g	60g
Potatoes**	450g	700g	900g
Echalion Shallot**	2	3	4
Balsamic Vinegar			
14)	1 sachet	1½ sachets	2 sachets
Tenderstem			
Broccoli***	150g	200g	300g
Garlic Clove**	1	2	2
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	559g	100g
Energy (kJ/kcal)	2717 /649	486 /116
Fat (g)	31	6
Sat. Fat (g)	16	3
Carbohydrate (g)	46	8
Sugars (g)	6	1
Protein (g)	46	8
Salt (g)	0.27	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

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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Packed in the UK

The Fresh Farm

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Get Started

Remove the **steaks** and **butter** from the fridge to allow them to come up to room temperature. Preheat your oven to 160°C. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**. Meanwhile, peel and chop the **potatoes** into 2cm chunks. Halve and peel the **shallots**, then separate the layers.



Cook the Steak

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in 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 cooked.* Once cooked, transfer to a plate and top with the **garlic parsley butter**. Cover with foil and leave to rest. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.*



Cook the Potatoes

Pop the **shallot layers** onto a baking tray. Drizzle with **oil** and the **balsamic vinegar**, then season with **salt** and **pepper**. When the oven is hot, roast on the top shelf until soft, 15-20 mins. When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander and return to the pan, off the heat.



Cook the Broccoli

Return the (now empty) frying pan to medium heat with a drizzle of **oil**. Halve any thick **broccoli** stalks. Once hot, add the **broccoli** to the pan 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**. Meanwhile, mash the **potatoes** until smooth, adding a knob of **butter** and splash of **milk** (if you have any). Season to taste.



Make the Parsley Butter

Meanwhile, halve the **Tenderstem®** widthways. Halve any thick **broccoli stems** lengthways. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Put the **butter** in a small bowl and mash with a fork until soft. Stir in the **garlic** and **parsley**. Set aside.



Serve

Divide the **mash** between your plates. Slice the **steaks** and serve with the **melted garlic parsley butter** drizzled over and the **Tenderstem®** and **roasted shallots** served alongside.

Enjoy!