



Sirloin Steak and Red Wine Jus with Roast Potatoes and Chilli Tenderstem® Broccoli

Premium 40-45 Minutes • Mild Spice

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Sirloin Steak



Potatoes



Garlic Clove



Red Chilli



Tenderstem®
Broccoli



Red Wine Jus
Paste

Pantry Items
Plain Flour

Before you start

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

Cooking tools

Kettle, baking tray, saucepan, garlic press, colander, frying pan and aluminium foil.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes**	450g	700g	900g
Garlic Clove**	2	3	4
Red Chilli**	1	1	1
Tenderstem® Broccoli**	150g	200g	300g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10 14	22g	22g	44g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2351/562	460/110
Fat (g)	19	4
Sat. Fat (g)	8	1
Carbohydrate (g)	51	10
Sugars (g)	5	1
Protein (g)	48	9
Salt (g)	1.30	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 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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Start the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9. Remove the **steaks** from your fridge to allow them to come up to room temperature. Fill and boil your kettle. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven. Peel and chop the **potatoes** into 3cm chunks. Pour the **boiling water** into a large saucepan on high heat with ½ **tsp salt**. Boil the **potatoes** for 7-8 mins or until the edges are soft.



Cook the Broccoli

When the **potatoes** have about 15 mins cooking time left, pop the **broccoli** onto the middle shelf to roast for the remaining cooking time until tender and crispy, 10-15 mins. Once the **broccoli** is in the oven, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.



Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed, then finely chop. Halve any thick **broccoli** stems lengthways, then pop them onto a baking tray. Drizzle with **oil**, scatter over the **garlic** and **chilli** (careful, it's hot - use less if you don't like too much heat), then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and set aside.



Fry the Steaks

When the **oil** is 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 board, cover with foil and allow to rest. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.



Roast the Potatoes

Once the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see ingredients for amount). Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**. Season with **salt**, then roast on the top shelf until golden, 30-35 mins. Turn halfway through.



Finish and Serve

While the **steaks** rest, pop the (now empty) frying pan back on medium heat. Pour in the **water for the sauce** (see ingredients for amount) and bring to the boil on high heat. Stir in the **red wine jus paste**, then reduce the heat to medium. Allow the **sauce** to bubble and thicken, stirring regularly, 5-6 mins. Once glossy and thickened, remove from the heat. Thinly slice the **steaks** widthways, then serve with the **roast potatoes** and **broccoli** alongside. Spoon over the **red wine jus** to finish.

Enjoy!