



# Sirloin Steak and Tarragon Salsa Verde

with Rosemary Fries and Buttery Sauteed Peas

Premium 35 Minutes • 1 of your 5 a day

32



Sirloin Steak



Potatoes



Dried Rosemary



Red Onion



Flat Leaf Parsley



Tarragon



Garlic Clove



Dijon Mustard



Lemon



Butter



Peas

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Aluminum Foil, Bowl, Measuring Spoon, Saucepan, Frying Pan.

## Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes**	450g	700g	900g
Dried Rosemary	1 sachet	2 sachets	2 sachets
Red Onion**	½	½	1
Flat Leaf Parsley**	1 bunch	1 bunch	2 bunches
Tarragon	1 bunch	1 bunch	2 bunches
Garlic Clove	1	1	2
Dijon Mustard 9) 14)	10g	10g	15g
Olive Oil for the Salsa*	2 tbsps	3 tbsps	4 tbsps
Lemon**	1	1	1
Butter 7)**	10g	20g	20g
Peas**	120g	180g	240g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	2764/661	487/117
Fat (g)	32	6
Sat. Fat (g)	12	2
Carbohydrate (g)	50	9
Sugars (g)	7	1
Protein (g)	47	8
Salt (g)	0.55	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

## Contact

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## Cook the Fries

Preheat your oven to 200°C. Remove the **steaks** from your fridge to allow them to come up to room temperature. Chop the **potatoes** lengthways into 2cm slices, then chop into thin, 1cm-thick **fries** (no need to peel). Pop the **fries** onto a large, low-sided, wide baking tray. Drizzle with **oil**, sprinkle over the **dried rosemary** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through. **TIP:** Use two baking trays if necessary - you want the fries nicely spread out.



## Peas Time

Heat the **butter** in a medium saucepan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry gently until soft and sweet, 8-10 mins, stirring occasionally. When the **onions** have softened, stir in the **peas**. Allow to heat through, 1-2 mins, then take off the heat. Taste and add more **salt** and **pepper** if needed, then cover to keep warm.



## Finish the Prep

Meanwhile, halve, peel and thinly slice the **red onion** (see ingredients for amount). Chop the **parsley** as finely as you can (stalks and all). Pick the **tarragon leaves** from their stalks (discard the stalks) and finely chop. Peel the **garlic**, pop it into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. About halfway through the **fries'** cooking time, pop the **garlic parcel** onto the **fries** baking tray and roast for the remaining time until soft, 10-12 mins.



## Fry the Steak

About 5 mins before everything is ready, heat a drizzle of **oil** in a large frying pan on high heat. When the **oil** is hot, lay the **steaks** in the pan. Season with **salt** and **pepper** 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 them more cooked. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned. Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins.



## Make the Salsa Verde

Add the **tarragon** and **parsley** to a bowl, along with the **Dijon mustard** and **olive oil for the salsa** (see ingredients for amount). Cut the **lemon** in half and squeeze in some **juice**. Season with **salt** and **pepper** and whisk together with a fork. Keep aside for now.



## Finish and Serve

While the **steak** rests, warm up the **peas** (if needed). Open up the **roasted garlic parcel** and, keeping it on the foil, mash the **garlic** with the back of a fork. Add it to the **salsa verde**, mixing it in well. Taste and add more **lemon juice**, **salt** or **pepper** if needed, then cut any remaining **lemon** into **wedges**. Transfer the **steaks** to your plates and generously spoon over the **salsa verde**. Serve the **rosemary fries**, **buttery sauteed peas** and **lemon wedges** alongside.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.