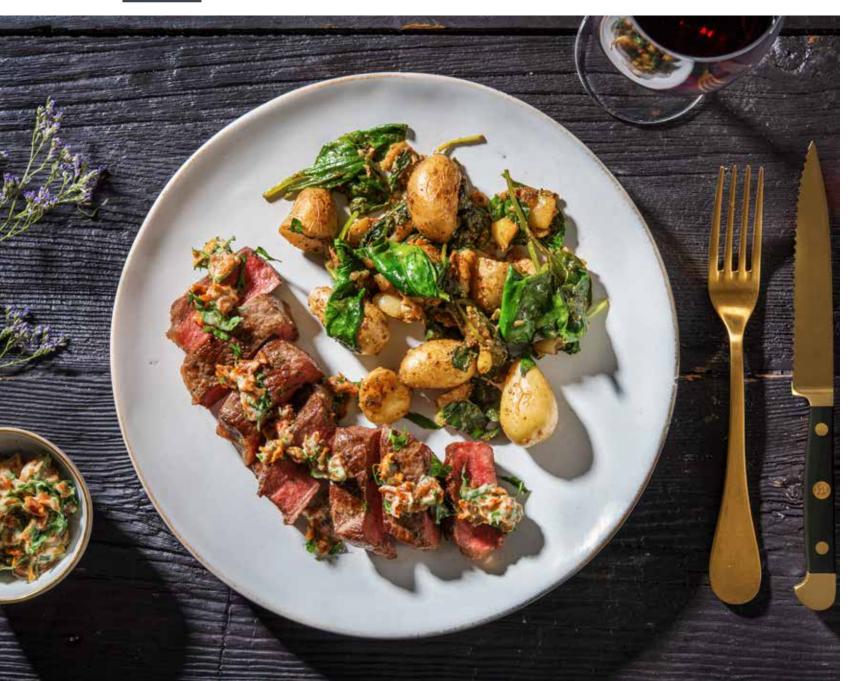


# Sirloin Steak

with Mustard Smashed Potatoes, Spinach and Sundried Tomato **Butter Sauce** 

PREMIUM 40 Minutes





Sirloin Steak











Flat Leaf Parsley



Wholegrain Mustard



**Baby Spinach** 

## Before you start

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

### Basic cooking tools, you will need: Large Saucepan, Colander, Frying Pan,

#### Ingredients

-				
	2P	3P	4P	
Sirloin Steak**	2	3	4	
Butter <b>7)</b> **	30g	60g	60g	
Sun-Dried Tomatoes	1 pot	1 pot	1 pot	
Salad Potatoes**	1 small pack	1 large pack	2 smal packs	
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch	
Wholegrain Mustard <b>9)</b>	1 pot	1½ pots	2 pots	
Baby Spinach**	1 small bag	¾ large bag	1 large bag	
*Not Included ** Store in the Fridge				

### Nutrition

:		
	Per serving	Per 100g
for uncooked ingredients	459g	100g
Energy (kJ/kcal)	2542 /608	554/132
Fat (g)	32	7
Sat. Fat (g)	16	4
Carbohydrate (g)	35	8
Sugars (g)	9	2
Protein (g)	45	10
Salt (g)	1.88	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

7) Milk 9) Mustard

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

#### Contact

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## 1. Get Started

Remove the **steaks** and **butter** from the fridge to bring them up to room temperature. Submerge the **sun-dried tomatoes** in a bowl of **hot water** and set aside. Fill and boil your kettle, then fill a large saucepan with the boiled **water**. Return to the boil with a pinch of **salt** for the **potatoes**.



## 2. Cook the Potatoes

Chop the **salad potatoes** into 2cm chunks (no need to peel). Add the **potatoes** to the saucepan of boiling **water** and cook until you can easily slip a knife through, 12-15 mins. Drain in a colander and set aside when cooked.



## 3. Make the Butter

Meanwhile, put the **butter** in a small bowl and mash with a fork until soft. Remove the **sun-dried tomatoes** from the **water**, pat dry and finely chop. Finely chop the **parsley** (stalks and all). Stir the **sun-dried tomatoes** and **half** the **parsley** through the **butter**. Set aside.



## 4. Cook the Steak

Put a frying pan on high heat with a drizzle of oil. Season the steaks with salt and pepper. When the oil is hot, lay the steaks in the pan and brown for a minute on each side. Once browned, lower the heat slightly and cook for another 1-2 mins on each side. TIP: This will cook the steak to medium rare - if you like yours less rare just cook for 1-2 mins more. IMPORTANT: The steak is safe to eat when the outside is cooked. Transfer to a plate, top with the tomato butter and leave to rest loosely covered with foil.



## 5. Smash the Potatoes!

While the **steak** rests, return the now empty frying pan to high heat with a drizzle of **oil**. When hot, tip in the drained **potatoes** and lower the heat to medium. Leave to cook, turning occasionally, until browned at the edges, 3-4 mins. Use a fork to roughly smash a few of the **potatoes** - this will give you lots of delicious crispy edges!



#### 6. Serve

Stir the wholegrain mustard through the potatoes followed by the spinach. Lower the heat and leave for a minute to wilt the spinach while you slice the steak. Slice the steak (or serve whole if you prefer) and serve with the mustard smashed potatoes alongside. Spoon over the sun-dried tomato butter sauce (it should have melted while the steaks rest!) and finish with a sprinkling of remaining parsley.

Enjoy!