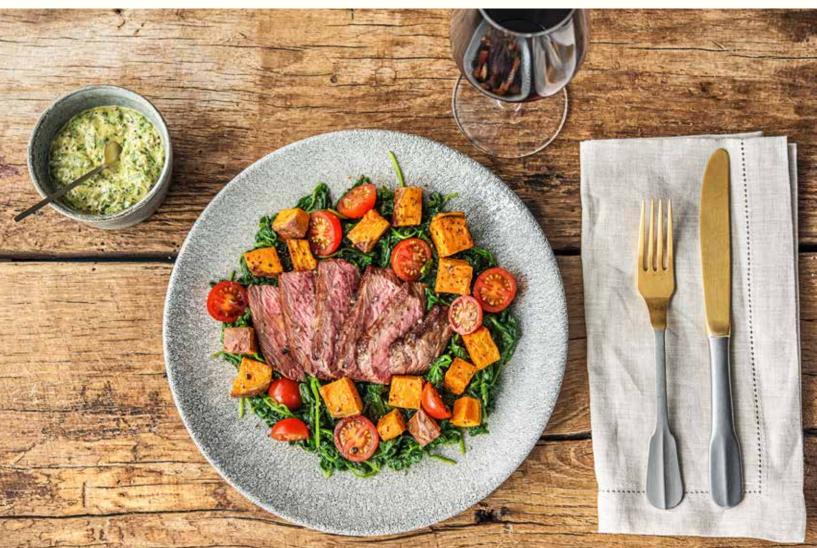


# SIRLOIN STEAK

# WITH SALSA VERDE AND SPICY SWEET POTATO & TOMATO SALAD





Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!









Chermoula Spice Blend







Flat Leaf Parsley



Cider & Horseradish



Mustard





Baby Plum Tomatoes

Balsamic Vinegar



Baby Spinach

35 mins



Medium heat

A perfectly cooked steak is one of life's greatest pleasures. Whether you like yours rare, medium or well-done, there are two tricks you should know about for the perfect charred crust and juicy interior. First, allow the steak to come to room temperature. Secondly, get the pan really, really hot before you start cooking. A spicy salad makes a fabulous accompaniment for sirloin and lifts steak night to the next level!

Our fruit and veggies need a little wash before you use them! Make sure you've got some Baking Paper, a Baking Tray, and Frying Pan. Now, let's get cooking!



# **ROAST THE POTATO**

Preheat your oven to 200°C. Get the **steak** out of your fridge (it will cook much better if not fridge cold). Chop the sweet potato (no need to peel!) into 2cm chunks. Pop them on a lined baking tray and drizzle over a splash of oil. Season with salt and the chermoula **spice blend**. Toss to coat and roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



# MAKE THE SALSA

Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Finely chop the parsley (stalks and all) and the capers. Pop the **mint**, **parsley** and **capers** in a small bowl. Add the cider & horseradish mustard, stir in the **olive oil** (amount specified in the ingredient list) and add a squeeze of lemon **juice**. Keep to one side.



# **PREP THE TOMATOES**

Halve the baby plum tomatoes through the equator and put into a large bowl. Season with a generous pinch of **salt** and stir in the **balsamic vinegar**. Leave to one side. **★ TIP:** The salt will extract the juice from the tomatoes and make a lovely dressing for the salad.



# **FRY THE STEAK**

Put a frying pan on high heat. Drizzle a splash of oil over the steak and season with salt and pepper. Rub the seasoning into the meat. When the pan is hot, carefully add the steak. If you like your steak medium-rare like us, cook for 4 mins on each side. If you like it medium, add 2 mins cooking on each side. Once cooked, rest on a chopping board for 2-3 mins for maximum juiciness!



### **WILT THE SPINACH**

While the **steak** rests, wash your frying pan, then return it to medium heat with a splash of oil. Add the baby spinach, stir and cook until it just begins to wilt, 1-2 mins. Season with **salt** and **pepper** and get ready to serve.



Share the spinach between your plates. Mix the **spicy sweet potato** with the tomatoes and arrange on the spinach. Cut each **steak** into six even slices and place on top. Spoon the salsa verde across the steak. Enjoy!

# INGREDIENTS

Sirloin Steak	2
Sweet Potato, chopped	1
Chermoula Spice Blend	1 tsp
Mint, chopped	1 bunch
Flat Leaf Parsley, chopped	1 bunch
Capers, chopped	15g
Cider & Horseradish Mustard 9) 14)	1 tbsp
Olive Oil*	2 tbsp
Lemon	1/2
Baby Plum Tomatoes, halved	1 punnet
Balsamic Vinegar 14)	1 tbsp
Baby Spinach	1 small bag

\*Not Included

NUTRITION JNCOOKED INGREDIENT	PER SERVING 525G	PER 100G	
Energy (kcal)	445	84	
(kJ)	1862	352	
at (g)	15	3	
Sat. Fat (g)	5	1	
Carbohydrate (g)	34	7	
Sugars (g)	14	3	
Protein (g)	45	8	
Salt (g)	0.99	0.19	

#### **ALLERGENS**

9) Mustard 14) Sulphites

Balsamic Vinegar: Wine Vinegar (Contains Sulphites), Concentrated Grape Must, Colour E150d.

# PAIR THIS MEAL WITH =

A full bodied red like a Pinot Noir

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



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