



# SIRLOIN STEAK

WITH SALSA VERDE AND SPICY SWEET POTATO & TOMATO SALAD



## HELLO COOKBOOK

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Sirloin Steak



Sweet Potato



Chermoula Spice Blend



Mint



Flat Leaf Parsley



Capers



Cider & Horseradish Mustard



Lemon



Baby Plum Tomatoes



Balsamic Vinegar



Baby Spinach

MEAL BAG

35 mins

2.5 of your 5 a day

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!

# BEFORE YOU START

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!



## 1 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.



## 2 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.



## 3 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.



## 4 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!



## 5 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.



## 6 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!**

# 2 PEOPLE 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	½
Baby Plum Tomatoes, halved	1 punnet
Balsamic Vinegar 14)	1 tbsp
Baby Spinach	1 small bag

\*Not Included

NUTRITION UNCOOKED INGREDIENT	PER SERVING 525G	PER 100G
Energy (kcal)	445	84
(kJ)	1862	352
Fat (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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