



Steak and Miso Lime Butter

with Honey Roasted Corn and Potato Wedges

N° 19

PREMIUM 35 Minutes • 1 of your 5 a day



Sirloin Steak



Butter



Potatoes



Sweetcorn



Honey



Lime



Spring Onion



Miso Paste

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Butter 7)**	60g	90g	120g
Potatoes**	1 small pack	1 large pack	2 small packs
Sweetcorn	2 tins	3 tins	4 tins
Honey	1 sachet	1½ sachets	2 sachets
Lime	1	1	1
Spring Onion**	1	2	2
Miso Paste 11)	1 small sachet	1 large sachet	2 large sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	3657 /874	578 /138
Fat (g)	48	8
Sat. Fat (g)	25	4
Carbohydrate (g)	67	11
Sugars (g)	15	2
Protein (g)	47	8
Salt (g)	1.56	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya

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, Soya, Gluten & Sulphites.

Contact

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♻️ You can recycle me!



Packed in the UK



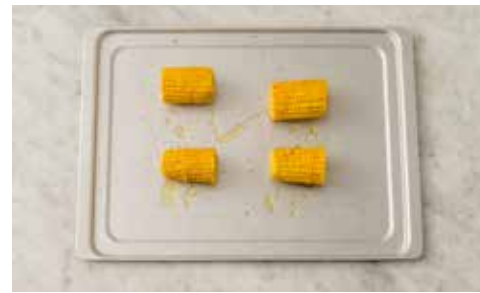
1. Prep the Wedges

Preheat your oven to 200°C and take the **steaks** and the **butter** out of your fridge. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **potato wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Make the Miso Lime Butter

Pop the **butter**, **miso paste**, **lime zest** and a squeeze of **lime juice** into a small bowl and mix together with a fork until evenly combined.



2. Roast the Corn

Meanwhile, halve the **corn on the cobs** by running a knife firmly around the middle then snapping in half with your hands. Pop the **sweetcorn** onto a baking tray, drizzle with **oil** and the **honey** and season with **salt** and **pepper**. Toss to coat then roast on the middle shelf of your oven until golden brown and the **corn** is tender, 20-25 mins, turning at the same time that you turn the **wedges**.



5. Cook the Steaks

About 10 minutes before the potatoes and corn are done, heat a drizzle of **oil** in a frying pan on high heat. 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. Lower the heat slightly and cook for another 1-2 mins on each side for medium rare. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** The steak is safe to eat when the outside is cooked.



3. Finish the Prep

Whilst everything cooks, zest and halve the **lime**. Trim the **spring onions** then slice thinly.



6. Serve!

Once the **steaks** are cooked, divide between plates and top with the **miso lime butter** so it melts. Leave to rest for a couple of minutes and serve with the **wedges** and **corn**. Scatter over the **spring onion**. Serve with a **lime wedge**.

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.