

Steak and Béarnaise Butter

with Roasties and Tenderstem Broccoli

Premium 35 Minutes











Dried Oregano



Echalion Shallot



Garlic Clove





Tarragon



Flat Leaf Parsley

Unsalted Butter



Tenderstem Broccoli®

Before you start

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

Cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Dried Oregano	1 small sachet	1 large sachet	2 small sachets
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	1 clove	1 clove
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Tarragon**	½ bunch	¾ bunch	1 bunch
Unsalted Butter 7) **	30g	45g	60g
Tenderstem Broccoli ***	1 small pack	1 large pack	2 small packs
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2640 /631	497/119
Fat (g)	31	6
Sat. Fat (g)	16	3
Carbohydrate (g)	44	8
Sugars (g)	2	1
Protein (g)	45	9
Salt (g)	0.27	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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.

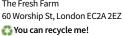
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Roast the Potatoes

Preheat your oven to 200°C. Take the **steaks** out of the fridge and pop onto a plate so that they can come up to room temperature. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potatoes** on a large baking tray, drizzle with **oil**, and sprinkle on the **dried oregano**. Season with **salt** and **pepper**. Toss to coat in the **oil** and spread out in a single layer. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Prep Time

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Finely chop the **flat leaf parsley** (stalks and all). Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



Make the Butter

Heat a splash of **oil** in a small saucepan over medium-high heat. Add the **shallot** and cook, stirring until softened, 3-4 mins. Add the **garlic** and cook for a minute more then transfer to a bowl. Allow to cool, then add the **butter** and use a spoon to mash the **butter** and **shallots** together. Next, mix in the **parsley** and **tarragon**. **Béarnaise butter** made! Put a saucepan of **water** onto boil. We will use it for the **broccoli** later.



Cook the Steaks

When the **potatoes** have 10 mins left, 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:** Steak is safe to eat when the outside is no longer pink.



Cook the Tenderstem

When the **steaks** are cooked, pop them on to a plate. Spread the **butter** on top and cover loosely with foil, leave to rest for a couple of mins. When the **water** is boiling add the **tenderstem broccoli** along ¼ tsp of **salt** and cook until tender, 2-3 mins. Drain in a colander and get ready to serve.



Serve

Share the **potatoes** between your plates and serve the **steaks** and **tenderstem broccoli** alongside. Drizzle any **melted buttery juices** over the **steak**.

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.