



# Steak and Béarnaise Butter with Roasties and Tenderstem Broccoli

Premium 35 Minutes

25



Sirloin Steak



Potato



Dried Oregano



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Tarragon



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.

## Contact

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Packed in the UK

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You can recycle me!



## 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.



## 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.



## 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).



## 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.



## 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.



## 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.