



Sirloin Steak and Red Wine Jus

with Proper Roast Potatoes and Garlic Chilli Purple Sprouting Broccoli

Premium 35 Minutes • Little Spice

30



Potatoe



Beef Sirloin Steak



Garlic Clove



Purple Sprouting Broccoli



Red Chilli



Plain Flour



Red Wine Jus Paste

Before you start

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

Cooking tools, you will need:

Kettle, Baking Tray, Saucepan, Garlic Press, Colander, Frying Pan, Wooden Spoon, Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Beef Sirloin Steak**	2	3	4
Garlic Clove**	2 cloves	3 cloves	4 cloves
Purple Sprouting Broccoli**	150g	230g	300g
Red Chilli**	½	1	1
Plain Flour 13)	8g	12g	16g
Water for the Sauce*	250ml	375ml	500ml
Red Wine Jus Paste 10) 14)	1 pot	1½ pots	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	635g	100g
Energy (kJ/kcal)	2336 / 558	368 / 88
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	51	8
Sugars (g)	4	1
Protein (g)	49	8
Salt (g)	1.67	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery **13)** Gluten **14)** Sulphites

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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Start the Potatoes

Fill and boil your kettle. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop in your oven. Peel the **potatoes**, chop them into 3cm chunks. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife. Remove your **steaks** from the fridge.



Broccoli

When the **potatoes** have 10 minutes left in the oven, place the tray with **broccoli** on the middle shelf. Roast for 8-10 mins.



Get Prepped

Peel and grate the **garlic** (or use a garlic press). Trim the ends of the **broccoli**. Halve the **chilli** lengthways, deseed then slice thinly. Pop the **broccoli**, **chilli** and **garlic** on a baking tray mix together. Drizzle with **oil**, season with **salt** and **pepper**. Set aside.



Steak Time

Meanwhile, heat a drizzle of **oil** in a separate 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.** Remove from the heat and place on a board to rest. Cover with foil.



Get Roasting

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turn halfway through.



Make the Sauce and Serve

In the same pan, add the **water** (see ingredients for amount) and **red wine jus paste**. Stir well to combine and allow to simmer for 4-5 mins, until thickened. Stir in any resting **juices** from the **steak**. Serve the **roast potatoes** and **purple sprouting broccoli** alongside the **steak**. Drizzle with the **red wine jus**.

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.