



SIRLOIN STEAK

WITH ROASTED SQUASH SALAD, DUKKAH AND CROUTONS



• SPECIALITY INGREDIENT •



HELLO BUTTERNUT SQUASH

It is claimed that the name of this gourd came from "smooth as butter, sweet as nut".



Diced Butternut Squash



Chilli Flakes



Ciabatta



Lime



Natural Yogurt



Sirloin Steak



Rocket



Dukkah Spice Mix

MEAL BAG

30 mins

Cook within 2 Days of Delivery

1 of your 5 a day

Little heat

Add a little bit of luxury to your weeknight menu with this gorgeous summer steak salad. Chilli roasted butternut squash, crunchy ciabatta croutons, a zesty yoghurt dressing and perfectly seared steak make this the perfect thing to make when you're looking for a simple showstopper in double quick time. For optimum flavour and juiciness, make sure you rest your steaks for at least five minutes after cooking to allow the juices to spread evenly through the meat. Enjoy with a lovely bottle of wine.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, **Fine Grater**, **Frying Pan**, some **Foil** and a **Mixing Bowl**. Now, let's get cooking!



1 GET ROASTING

Preheat your oven to 200°C. Place the **butternut squash** on a large lined baking tray, drizzle with **oil**, a pinch of **chilli flakes** (as much as you dare), **salt** and **pepper**. Toss to combine. Roast for 30-35 mins on the top shelf of your oven. Turn halfway through cooking. Tear the **ciabatta** into 2cm chunks and place on another baking tray. Drizzle with a glug of **olive oil** and set aside.



2 MAKE THE DRESSING

Zest, then juice the **lime** into a small bowl. Mix together and stir in the **yoghurt**, a pinch of **salt** of **pepper** and the **olive oil** (see ingredients for amount). Set aside. Do any washing up that needs doing.



3 BAKE THE CROUTONS

When the **squash** has been cooking for 20 minutes, add the **ciabatta** tray to the middle shelf of your oven and bake for the remaining time, 10-15 mins. You want the **ciabatta croutons** to be golden and crispy.



4 FRY THE STEAK

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **steaks** with **salt** and **pepper** on both sides. When the pan is hot, fry for 2-3 minutes on each side for medium rare. Cook for 2 mins longer on each side if you like your **steak** more well done. When ready, transfer to a board, cover with foil and leave to rest for 3-4 minutes.



5 SALAD TIME

In a mixing bowl, combine the **roasted butternut squash**, **croutons**, **rocket**, a pinch more **chilli flakes** (if you like) and **half** of the **dressing**. Toss to combine then share between plates.



6 ASSEMBLE AND SERVE!

Slice the **steaks** at an angle and place on top of the **salad**, followed by a dollop more of **dressing**. Share the **dukkah spice mix** between plates, sprinkling on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Butternut Squash	300g	450g	600g
Chilli Flakes	a pinch	a pinch	a pinch
Ciabatta 13)	1	2	2
Lime	1	1½	2
Natural Yogurt 7)	1 pot	1½ pots	2 pots
Olive Oil*	1 tsp	1½ tsp	2 tsp
Sirloin Steak	2 Steaks	3 Steaks	4 Steaks
Rocket	1 bag	1½ bags	2 bags
Dukkah Spice Mix 1) 2) 3) 10)	1 tbsp	2 tbsp	2 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 516G	PER 100G
Energy (kcal)	526	102
(kJ)	2199	426
Fat (g)	18	3
Sat. Fat (g)	6	1
Carbohydrate (g)	41	8
Sugars (g)	13	2
Protein (g)	51	10
Salt (g)	1.22	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery 13) Gluten

PAIR THIS MEAL WITH

A bold red like a Cabernet Sauvignon.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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