



Surf and Turf: Sirloin Steak & King Prawns with Wedges and Lemon & Garlic Butter

Premium 40 Minutes • 1 of your 5 a day

32



Sirloin Steak



Potatoes



Garlic Clove



Lemon



Chives



Asparagus Bundles



Butter



King Prawns

Before you start

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

Cooking tools, you will need:

Baking Tray, Aluminium Foil, Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes**	450g	700g	900g
Garlic Clove**	2	3	4
Lemon**	½	1	1
Chives**	½ bunch	¾ bunch	1 bunch
Asparagus Bundles**	200g	300g	400g
Butter** 7)	30g	60g	60g
King Prawns** 5)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	625g	100g
Energy (kJ/kcal)	2844 / 680	455 / 109
Fat (g)	32	5
Sat. Fat (g)	16	3
Carbohydrate (g)	44	7
Sugars (g)	5	1
Protein (g)	57	9
Salt (g)	1.24	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 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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1



Cook the Wedges

Preheat your oven to 200°C. Take the **steaks** out of the fridge to allow them to come up to room temperature. Chop the **potatoes** into wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

TIP: Use two trays if necessary. Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.

2



Prep the Veg

Peel the **garlic cloves**, pop into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Place on the tray alongside the **wedges** and roast until soft, 10-12 mins. Meanwhile, zest and halve the **lemon**. Finely chop the **chives** (use scissors if easier). Trim the bottom 2cm from the **asparagus** and discard. Pop the **asparagus** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper** then toss to coat. Spread out in a single layer and set aside.

3



Finish the Prep

Heat a frying pan on high heat (no oil). When hot, add the **lemon**, cut-side down and cook until the flesh is caramelised and charred, 2-3 mins. Remove from the pan and set aside. Once roasted, remove the **garlic** from the foil and add to a bowl. Mash with a fork until smooth. Add the **butter**, **lemon zest** and **half the chives**, then mix well to create your **flavoured butter**.

4



Steak Time

When the **potatoes** have 10 mins left, pop the **asparagus** on the middle shelf to roast until tender, 8-10 mins. 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 1 min 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:** Wash your hands after handling raw meat. The steak is safe to eat when the outside is browned.

5



Cook the Prawns

Transfer the **steaks** to a plate and wrap loosely in foil to rest. Return the pan to medium-high heat with a drizzle of **oil** if the pan is dry. When hot, add the **prawns** and stir-fry for 3-4 mins. **IMPORTANT:** Wash your hands after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle. Once cooked, remove the pan from the heat and add the **flavoured butter** to the pan. Use a spoon to coat the **prawns** in the **butter**.

6



Serve

Take the **potatoes** and **asparagus** out of the oven and share between your plates. Slice the **steaks** and serve alongside. Spoon the **prawns** and their **sauce** over the **steaks**. Sprinkle over the remaining **chives** with the **charred lemon** alongside for squeezing over.

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.