



# Surf and Turf: Sirloin Steak and King Prawns

with Wedges, Asparagus and Charred Lemon and Garlic Butter

N° 19

**PREMIUM** 40 Minutes • 1 of your 5 a day



Sirloin Steak



Potato



Garlic



Lemon



Chives



Asparagus



Butter



King Prawns

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays, Frying Pan, Mixing Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Garlic**	2 cloves	3 cloves	4 cloves
Lemon**	½	1	1
Chives**	1 bunch	1 bunch	1 bunch
Asparagus**	1 large pack	2 small packs	2 large packs
Butter 7)**	30g	45g	60g
King Prawns 5)**	150g	250g	300g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	631g	100g
Energy (kJ/kcal)	2814/673	446/107
Fat (g)	32	5
Sat. Fat (g)	16	3
Carbohydrate (g)	43	7
Sugars (g)	3	1
Protein (g)	57	9
Salt (g)	1.35	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

5) Crustaceans 7) Milk

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook the Wedges

Preheat your oven to 200°C. Take the **steaks** out of the fridge and pop onto a plate to come up to room temperature. Chop the **potatoes** into wedges (no need to peel!). Pop the **potatoes** on a large baking tray in a single layer. Drizzle with **oil**, and season with **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use 2 trays if necessary, you want the wedges nicely spread out.



## 4. Steak Time

When the **potatoes** have 10 mins left, 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 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:** Wash your hands after handling raw meat. The **steak** is safe to eat when the outside is cooked.



## 2. Prep the Veg

Peel the **garlic cloves**, pop into a square of foil, drizzle with **oil** then scrunch up to make a **parcel**. Place on the tray alongside the **wedges** and roast until soft, 10-12 mins. Meanwhile, zest and halve the **lemon**. Finely chop the **chives** (or use scissors if it's easier). Trim the bottom 2cm off of the **asparagus** and discard. Pop the **asparagus** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**.



## 5. Cook the Prawns

Transfer the **steaks** to a plate and wrap loosely in foil to rest. Return the pan to medium-high heat, add a drizzle of **oil** if the pan is dry. When hot, add the **prawns** and stir-fry for 3-4 mins. **IMPORTANT:** 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**.



## 3. Finish the Prep

Roast the **asparagus** in the oven, until tender and slightly crisped, 15-20 mins. Meanwhile, 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. Remove the **garlic** from the oven. Open the **garlic parcel** carefully and pop the **cloves** into a bowl (with any oil) Discard the foil. Crush the **cloves** with a fork until smooth. Add the **butter**, half the **chives**, and the **lemon zest** and mix well with a fork to create your **flavoured 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** along 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.