



Surf and Turf: Sirloin Steak and King Prawns

with Wedges, Asparagus and Charred Lemon Garlic Butter

Premium 40 Minutes • 1 of your 5 a day

25



Sirloin Steak



Potato



Garlic



Lemon



Chives



Asparagus



Butter



King Prawns

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Aluminium Foil, Frying Pan and Small Bowl.

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	0
Protein (g)	57	9
Salt (g)	1.35	0.21

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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Packed in the UK

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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.



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.



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**.



Cook the Prawns

Transfer the **steaks** to a plate and wrap loosely in foil to rest. Return the pan to a 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**.



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**.



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.