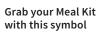
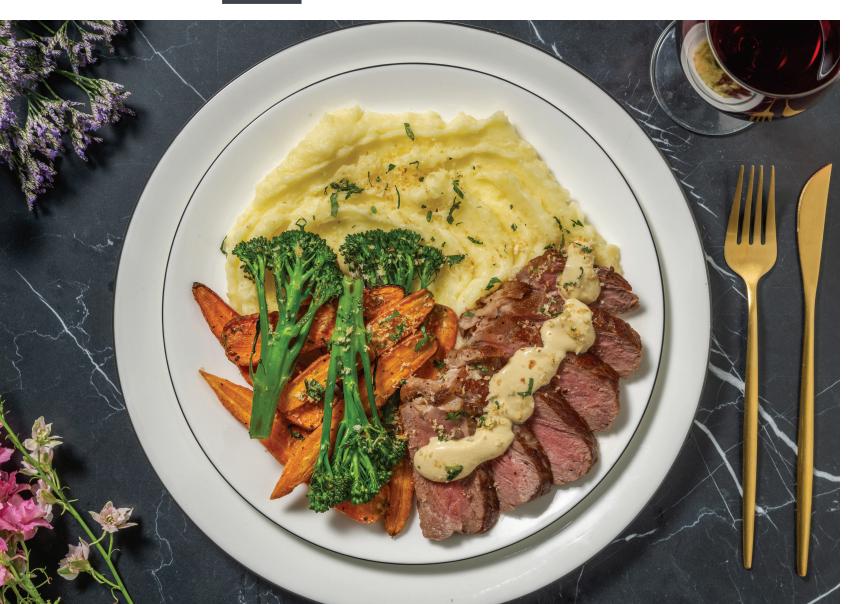


# Sirloin Steak & Creamy Dijon Sauce with Parmesan Mash & Roasted Carrots

GOURMET













Potato

Parmesan Cheese



Baby Broccoli



**Dutch Carrots** 



Premium Sirloin







Panko Breadcrumbs





Thickened Cream

Dijon Mustard



Chicken-Style Stock Powder



Olive Oil, Butter, Milk

### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid  $\cdot$  Two oven trays lined with baking paper  $\cdot$  Large frying pan

## Ingredients

_		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	⅓ cup
Parmesan cheese	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
Dutch carrots	1 bunch	2 bunches
premium sirloin tip	1 small packet	2 small packets OR 1 large packet
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
panko breadcrumbs	½ medium packet	1 medium packet
thickened cream	1 packet	2 packets
Dijon mustard	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet

## \*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3036kJ (726Cal)	467kJ (112Cal)
Protein (g)	48.2g	7.4g
Fat, total (g)	35.6g	5.5g
- saturated (g)	18.4g	2.8g
Carbohydrate (g)	51.9g	8g
- sugars (g)	13.4g	2.1g
Sodium (mg)	998mg	153mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Tempranillo or Cabernet Sauvignon



- Preheat oven to 220°C/200°C fan-forced.
- Bring a medium saucepan of lightly salted water to the boil.
- Peel potato and cut into large chunks. Add potato to the saucepan of boiling water and cook until easily pierced with a knife, 10-15 minutes.
- Drain and return to the pan. Add the butter, milk and a generous pinch of salt to the saucepan with the potato. Mash with a potato masher or fork until smooth. Add Parmesan cheese and stir through until melted. Cover with a lid to keep warm.



## Roast the veggies

- · While the potato is cooking, trim baby broccoli.
- Trim green tops from the **Dutch carrots** and scrub them clean.
- Slice **carrots** in half lengthways.
- Place carrots on a lined oven tray with baking paper and drizzle with olive oil. Season with salt and pepper and toss to coat. Arrange in a single layer and roast for 15 minutes.
- Remove tray from oven and add baby broccoli and a drizzle of olive oil (if needed). Toss to coat and roast until tender, 5-10 minutes.



### Cook the steak

- See 'Top Steak Tips!' (below). In a large frying pan, heat a drizzle of olive oil over high heat.
- Season premium sirloin tip all over and add to hot pan. Sear until browned, 1 minute on both sides.
- Transfer to a second lined oven tray and roast for 17-22 minutes for medium or until cooked to your liking.
- · Remove from oven and cover with foil to rest.



## Make the parsley crumb

- While steak is cooking, finely chop garlic and parsley.
- Return frying pan to medium-high heat with a good drizzle of olive oil. Add panko breadcrumbs (see ingredients) and cook, stirring until golden brown, 1-2 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
   Season with a pinch of salt and pepper. Transfer to a medium bowl and stir through parsley.



## Make the sauce

- Wipe out frying pan and return to medium heat.
   Add thickened cream, Dijon mustard, any steak resting juices and chicken-style stock powder.
- Simmer until thickened, **1-2 minutes**. Season with a pinch of **pepper**.



## Serve up

- Slice premium sirloin tip.
- Divide sirloin, Parmesan mash, roasted baby carrots and broccolini between plates.
- Spoon over the creamy Dijon sauce and garnish with parsley crumb to serve. Enjoy!

#### Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



Scan here if you have any questions or concerns