



# Sirloin Steak & Creamy Dijon Sauce

with Parmesan Mash & Roasted Carrots

GOURMET

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Baby Broccoli



Dutch Carrots



Premium Sirloin Tip



Garlic



Parsley



Panko Breadcrumbs



Thickened Cream



Dijon Mustard



Chicken-Style Stock Powder

Prep in: 25-35 mins  
Ready in: 35-45 mins

Make a flavour-packed sauce to drizzle over a tender cut of premium sirloin steak. Then, finish off your gourmet creation with creamy mash and vibrant veggies.

### Pantry items

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 · Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	20g	40g
<b>milk*</b>	2 tbs	½ 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](https://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

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW04



## Make the Parmesan mash

- 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.



## 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**.

### 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.



## 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**.



## 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**.



## 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.



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)