



# Premium Sirloin Steak & Thyme Butter Sauce

with Parmesan Mash & Garlicky Greens

EASTER SPECIAL

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Potato



Asparagus



Green Beans



Garlic



Brown Onion



Thyme



Premium Sirloin Tip



Parmesan Cheese



Chicken-Style Stock Powder

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

A juicy cut of premium beef steak is always satisfying, while a side of Parmesan mash and garlicky greens are comfortingly familiar. Just add a creamy thyme sauce to perfectly tie it all together!

### Pantry items

Olive Oil, Butter, Milk

AB



## 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 · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
asparagus	1	2
green beans	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
brown onion	1	2
thyme	1 medium packet	1 large packet
premium sirloin tip	1 medium packet	1 large packet
<b>butter*</b> (for the mash)	20g	40g
<b>milk*</b>	2 tbs	¼ cup
Parmesan cheese	1 medium packet	1 large packet
<b>water*</b>	½ cup	1 cup
chicken-style stock powder	1 medium sachet	1 large sachet
<b>butter*</b> (for the sauce)	40g	80g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2837kJ (678Cal)	401kJ (96Cal)
Protein (g)	46.2g	6.5g
Fat, total (g)	39.5g	5.6g
- saturated (g)	22.1g	3.1g
Carbohydrate (g)	34.4g	4.9g
- sugars (g)	14.5g	2.1g
Sodium (mg)	582mg	82mg

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 Spanish Tempranillo or Grenache

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## Prep the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Trim the ends off **asparagus**.
- Trim **green beans**.
- Finely chop **garlic** and **brown onion**.
- Pick and finely chop **thyme** leaves.



## Cook the greens

- While potato is cooking, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **asparagus** and **green beans** with a splash of **water**, until tender, **4-6 minutes**.
- Add half the **garlic** and cook until fragrant, **30 seconds**. Transfer to a plate and cover to keep warm.

### 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.



## Cook the steak

- **See 'Top Steak Tips!' (bottom)**. 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 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 for **10 minutes**.

**TIP:** The meat will keep cooking as it rests!



## Make the sauce

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook **onion** and **thyme** until fragrant and softened, **3-4 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**.
- Add the **water**, any **steak resting juices**, **chicken-style stock powder** and the **butter (for the sauce)** and simmer until slightly thickened, **2-3 minutes**.



## Make the Parmesan mash

- While steak is cooking, cook **potato** in the boiling water, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)**, **milk** and **Parmesan cheese**. Mash until smooth. Cover to keep warm.



## Serve up

- Slice steak.
- Divide the Parmesan mash and garlicky greens between plates.
- Top mash with the steak. Spoon over the thyme sauce to serve. Enjoy!

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# Decadent Easter Chocolate Brownie

with Speckled Egg Surprise

EASTER SPECIAL

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Easter Treats Speckled Eggs



Chocolate Brownie Mix

Prep in: **10-20 mins**  
Ready in: **40-50 mins**

We've made an 'eggstra' special addition to our classic chocolate brownie recipe that might make these brownies more popular than the Easter bunny!

**Pantry items**

Butter, Eggs

AB





## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, double the ingredients and bake 2 portions of the brownie

## You will need

20cm square baking tin lined with baking paper

## Ingredients

	4 People
Easter treats speckled eggs	1 packet
butter*	150g
eggs*	3
chocolate brownie mix	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	832kJ (198Cal)	1759kJ (420Cal)
Protein (g)	2.8g	5.9g
Fat, total (g)	10.7g	22.6g
- saturated (g)	6.5g	13.7g
Carbohydrate (g)	22.7g	48g
- sugars (g)	19.2g	40.6g
Sodium (mg)	75mg	159mg

The quantities provided above are averages only.

\*Nutritional information is based on 4 servings.

## Allergens

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## Get prepped

- Preheat oven to **180°C/160°C fan-forced**.
- Grease and line the baking tin with baking paper.
- Lightly crush **Easter treats speckled eggs** in their packet with a rolling pin or roughly chop.



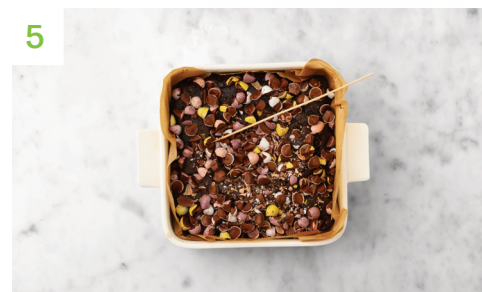
## Bake the brownie

- Bake brownie for **15 minutes**.
- Remove from oven and sprinkle with chopped **speckled eggs**.



## Start the mixture

- Melt the **butter** in the microwave or in a saucepan.
- Crack **eggs** into a large bowl.
- Add **chocolate brownie mix**, the **melted butter** and a pinch of **salt**. Stir with a wooden spoon until well combined.



## Finish the brownie

- Bake **brownie** for a further **10-15 minutes** or until just firm to the touch but still a little soft in the middle.
- Allow to cool completely in the tin.

**TIP:** To check if the brownies are done, stick a toothpick or skewer in the centre. It should come out with crumbs clinging. If you like your brownies more cakey and less fudgy, bake for an extra 5 minutes.



## Finished the mixture

- Transfer **brownie mixture** into the prepared baking tin, then spread out evenly with the back of a wooden spoon.



## Serve up

- When the brownie has cooled, slice into 9 squares and transfer to a serving plate. Enjoy!

**TIP:** Store any leftover brownies in an airtight container in fridge!

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