



# Premium Beef Sirloin & Creamy Parmesan Sauce

with Mushroom Potatoes & Seasoned Greens

GOURMET

NEW

Grab your Meal Kit with this symbol



Potato



Garlic



Brown Onion



Thyme



Green Beans



Baby Broccoli



Parsley



Premium Sirloin Tip



Sliced Mushrooms



Light Cooking Cream



Vegetable Stock Powder



Parmesan Cheese

Prep in: 25-35 mins  
Ready in: 40-50 mins

Eat Me Early

You don't have to wait for a special occasion to create this gourmet feast, because we're making tonight, steak night! Enjoy this delectable combination of roast beef sirloin tip, doused in a creamy Parmesan sauce and a few special sides. Steak night will quickly take the cake for best night of the week!

### Pantry items

Olive Oil, Butter

## 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

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
garlic	2 cloves	4 cloves
brown onion	½	1
thyme	1 medium packet	2 medium packets
green beans	1 small packet	1 medium packet
baby broccoli	1 bunch	2 bunches
parsley	1 packet	1 packet
premium sirloin tip	1 medium packet	2 medium packets OR 1 large packet
sliced mushrooms	1 small packet	1 large packet
<b>butter*</b>	20g	40g
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	½ medium sachet	1 medium sachet
Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3273kJ (782Cal)	418kJ (100Cal)
Protein (g)	50.5g	6.4g
Fat, total (g)	48.4g	6.2g
- saturated (g)	21g	2.7g
Carbohydrate (g)	35.2g	4.5g
- sugars (g)	14.5g	1.9g
Sodium (mg)	738mg	94mg

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 Pinot Noir or Cabernet Franc

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** on a lined oven tray. Toss to coat, then bake until tender, **20-25 minutes**.

4



## Cook the mushrooms

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **sliced mushrooms**, **brown onion** and the **butter** and cook, stirring occasionally, until browned and softened, **6-8 minutes**.
- Add **thyme** and **garlic** and cook until fragrant, **1 minute**. Season to taste with **salt** and **pepper** and set aside in a large bowl.
- When the **potatoes** are ready, place in a bowl with the **mushrooms** and toss to combine.

### 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.

2



## Get prepped

- While the potatoes are roasting, finely chop **garlic**.
- Thinly slice **brown onion** (see ingredients).
- Pick **thyme leaves**.
- Trim **green beans**.
- Trim the ends of **baby broccoli** and slice in half lengthways.
- Roughly chop **parsley**.

5



## Cook the creamy cheese sauce

- Wipe out frying pan and return to medium heat. Add **light cooking cream** and **vegetable stock powder** (see ingredients) and simmer until slightly thickened, **1-2 minutes**.
- Remove from heat, add **Parmesan cheese** and any **steak-resting juices** and season with **pepper**.

**TIP:** Save a little Parmesan for the garnish.

3



## Cook the beef & greens

- See '**Top Steak Tips!**' (below). Season **premium sirloin tip** with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **sirloin** until browned, **1 minute** each side.
- Transfer **sirloin** to a second lined oven tray with **baby broccoli** and **green beans**, drizzle with **olive oil**, season with **salt** and **pepper** and roast for **17-22 minutes**, or until cooked to your liking. Transfer **steak** to a plate to rest, **10 minutes**. Cover greens to keep warm.

**TIP:** Cook time depends on the thickness of the beef. The thinner the steak, the less time it needs to cook!

6



## Serve up

- Thinly slice beef.
- Divide the premium beef sirloin, seasoned greens and mushroom potatoes between plates.
- Spoon over the creamy Parmesan sauce. Garnish with parsley and any remaining Parmesan to serve. Enjoy!

## Rate your recipe

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