



# Seared Steak & Creamy Pepper Sauce

with Parsley Mash & Baby Broccoli

GOURMET



Grab your Meal Kit with this symbol



Potato



Parsley



Premium Sirloin Tip



Baby Broccoli



Garlic




Light Cooking Cream



Chicken-Style Stock Powder

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

 Carb Smart

Nothing can beat the juiciness of a good steak, cooked just the way you like. We think we can make it even better by adding a zap of taste with a peppery sauce combined with cream and a parsley mash potato, because you really can't have steak without a bit of mash on the side.

### Pantry items

Olive Oil, Butter, Milk, Cracked Black Pepper



## 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
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 packet	1 packet
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
premium sirloin tip	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
cracked black pepper*	1 tsp	2 tsp
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2696kJ (644Cal)	483kJ (115Cal)
Protein (g)	40.9g	7.3g
Fat, total (g)	40.8g	7.3g
- saturated (g)	21.8g	3.9g
Carbohydrate (g)	28.1g	5g
- sugars (g)	8.8g	1.6g
Sodium (mg)	916mg	164mg
Dietary Fibre (g)	6.4g	1.1g

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 Cabernet Franc or Grenache

## We're here to help!

Scan here if you have any questions or concerns



## 1 Make the parsley 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.
- Finely chop **parsley** leaves.
- Cook **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan.
- Add the **butter**, **milk**, **salt** and **parsley**, then mash until smooth. Cover to keep warm.



## 2 Roast the sirloin tip

- See '**Top Steak Tips**' (below). Meanwhile, 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.

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



## 3 Get prepped

- While the steak is roasting, trim **baby broccoli** and slice lengthways in half.
- Finely chop **garlic**.



## 4 Cook the baby broccoli

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **baby broccoli** and a dash of **water** and cook, tossing, until just tender, **4-5 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## 5 Cook the sauce

- While the steak is resting, return pan to medium heat with a drizzle of **olive oil**. Add the **cracked black pepper** and remaining **garlic** and cook until fragrant, **30 seconds**.
- Reduce heat to medium, add a dash of **water** and scrape up any bits stuck to the bottom of the pan. Add **light cooking cream** and **chicken-style stock powder** and cook until thickened, **1-2 minutes**. Stir through any **steak resting juices**.



## 6 Serve up

- Slice premium sirloin tip.
- Divide the steak, potato mash and garlic baby broccoli between plates.
- Pour over the creamy pepper sauce 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.

### Rate your recipe

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