



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 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 Shiaz or Pinot Noir

We're here to help!

Scan here if you have any questions or concerns



1



Make the 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.

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.

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



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!

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**.

3



Get prepped

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

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!

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