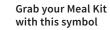


Seared Steak & Creamy Pepper Sauce

with Parsley Mash & Baby Broccoli

GOURMET









Potato







Premium Sirloin









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 \cdot Large frying pan \cdot Oven tray lined with baking paper

Ingredients

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	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	⅓ cup
salt*	1/4 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're here to help!

Scan here if you have any questions or concerns

We recommend pairing this meal with Shiaz or Pinot Noir



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.



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!



Get prepped

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



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.



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.



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!



- 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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