



Roast Beef Sirloin & Truffle Veggies

with Herb Butter, Dutch Carrots & Pine Nuts

GOURMET

Grab your meal kit with this number

15



Potato



Red Onion



Premium Sirloin Tip



Garlic



Dutch Carrots



Kale



Parsley



Truffle Oil



Pine Nuts



Parmesan Cheese

Prep in: 35-45 mins
Ready in: 40-50 mins

Protein Rich

It would be crazy not to look to the French when designing a gourmet meal – they have one of the most revered cuisines in the world, after all! What they really do best is take quality ingredients (Dutch carrots, kale and crispy potatoes just to name a few) then add a few crucial flavour components (herbed butter and truffle oil) to really make a dish shine... just like the chef in you will do tonight!

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
butter*	40g	80g
potato	2	4
red onion	1	2
premium sirloin tip	1 medium packet	2 medium packets OR 1 large packet
garlic	1 clove	2 cloves
Dutch carrots	1 bunch	2 bunches
kale	1 packet	2 packets
parsley	1 packet	1 packet
salt*	¼ tsp	½ tsp
truffle oil	drizzle	drizzle
pine nuts	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2775kJ (663Cal)	457kJ (109Cal)
Protein (g)	13.6g	8.2g
Fat, total (g)	36.7g	6g
- saturated (g)	18.8g	3.1g
Carbohydrate (g)	37g	6.1g
- sugars (g)	13.6g	2.2g
Sodium (mg)	632mg	104mg
Dietary Fibre (g)	11g	1.8g

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 Cabernet Sauvignon or Zinfandel.

Top Roast Tips!

1. Remove roast from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat dry before seasoning.
3. Check if meat is done by pressing on it gently with tongs: rare is soft, medium is springy and well-done is firm.
4. Let roast rest on a plate for 10 minutes before slicing.



Roast the veggies

- See **'Top Roast Tips!'** (below left).
- Preheat oven to **220°C/200°C fan-forced**.
- Take the **butter** out of the fridge to soften.
- Cut **potato** into bite-sized chunks.
- Cut **red onion** into thick wedges.
- Place **potato** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the garlic-herb butter

- Pick and finely chop **parsley** leaves.
- In a medium bowl, combine the **salt**, **softened butter**, **parsley** and half the **garlic**. Season with **pepper**, then mash with a fork.

TIP: Add as much or as little garlic as you like to suit your taste.



Roast the beef

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Season **premium sirloin tip** all over and add to hot pan. Sear until browned, **1 minute** on all sides.
- Transfer **sirloin** to a second lined oven tray and roast for **15-20 minutes** (for a 300g piece) or **18-23 minutes** (for a 600g piece) for medium-rare 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!



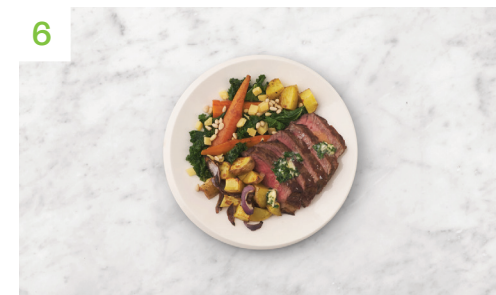
Cook the carrot & kale

- Meanwhile, return frying pan to medium-high heat with another drizzle of **olive oil**, if needed.
- Cook **carrots**, tossing, until tender, **5-7 minutes**. Add a dash of water to the pan to help carrots cook.
- In the **last minute** of cook time, add **kale** and remaining **garlic**, stirring until fragrant and wilted, **1-2 minutes**. Remove pan from heat.



Get prepped

- Meanwhile, finely chop **garlic**.
- Trim green tops from **Dutch carrots**, then scrub **carrots** clean. Halve **carrots** lengthways.
- Tear **kale leaves** from the stems, then discard stems.



Finish & serve

- Slice roast sirloin.
- Drizzle roast veggies with some **truffle oil** (if using), then gently toss to coat.
- Divide roast beef sirloin, truffle veggies, garlic Dutch carrots and kale between plates.
- Sprinkle **pine nuts** and **Parmesan cheese** over carrots. Spoon herb butter over steak to serve. Enjoy!

TIP: Truffle oil has a strong flavour - add less if desired. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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