



# Seared Sirloin & Béarnaise Sauce

with Lemon Butter Greens

Grab your Meal Kit with this symbol



Potato



Garlic



Green Beans



Lemon



Slivered Almonds



Sirloin Steak



Baby Spinach Leaves



Béarnaise

Hands-on: **15-25** mins  
Ready in: **25-35** mins  
 Naturally gluten-free  
*Not suitable for Coeliacs*

Whipping up a gourmet pub bistro-style meal doesn't take hours or fancy equipment. You just need great ingredients. Whip up this tender sirloin with a rich and decadent béarnaise sauce plus classic roasted potatoes and a side of greens, and you'll be calling yourself a chef in no time.

**Pantry items**  
Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Oven tray lined with baking paper  
Large frying pan

### Ingredients

|                     | 2 People        | 4 People        |
|---------------------|-----------------|-----------------|
| olive oil*          | refer to method | refer to method |
| potato              | 2               | 4               |
| garlic              | 2 cloves        | 4 cloves        |
| green beans         | 1 bag (200g)    | 1 bag (400g)    |
| lemon               | ½               | 1               |
| slivered almonds    | 1 packet        | 2 packets       |
| sirloin steak       | 1 packet        | 2 packets       |
| baby spinach leaves | 1 bag (60g)     | 1 bag (120g)    |
| butter*             | 20g             | 40g             |
| béarnaise           | 1 packet (50g)  | 1 packet (100g) |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2930kJ (700Cal) | 519kJ (124Cal) |
| Protein (g)      | 44.2g           | 7.8g           |
| Fat, total (g)   | 42g             | 7.4g           |
| - saturated (g)  | 11g             | 1.9g           |
| Carbohydrate (g) | 32.7g           | 5.8g           |
| - sugars (g)     | 7.1g            | 1.3g           |
| Sodium (mg)      | 199mg           | 35mg           |

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

### 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 5 minutes before slicing.



## 1. Roast the potato

Preheat the oven to **240°C/220°C fan forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** onto the oven tray lined with baking paper. Toss to coat, then roast until tender, **25 minutes**.

**TIP:** Spread the potato across two trays if it's getting crowded.



## 2. Get prepped

While the potato is roasting, finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Slice the **lemon** (see ingredients list) into wedges.



## 3. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and cook, stirring occasionally, until golden, **3-4 minutes**. Transfer to a plate.



## 4. Cook the steak

**See Top Steak Tips (left) for extra info!**

When the potato has **10 minutes** remaining, return the frying pan to a high heat with a **drizzle of olive oil**. **Drizzle** the **sirloin steak** with **olive oil** and season with **salt** and **pepper** on both sides. When the oil is hot, add the **steaks** to the pan and cook for **2 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate and leave to rest for **5 minutes**.



## 5. Cook the lemon butter greens

Wipe out the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and cook, tossing, until softened, **4-5 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **baby spinach leaves**, **butter** and a **good squeeze of lemon juice** and stir until the **spinach** has wilted and the **butter** has melted. Season to taste.



## 6. Serve up

Thinly slice the sirloin steak, divide between plates and pour over the resting juices. Serve with lemon butter greens, roasted potatoes and **béarnaise**. Sprinkle the toasted almonds over the potatoes to serve.

**Enjoy!**