



# Seared Sirloin & Creamy Peppercorn Sauce

with Parsley Mash & Garlic Baby Broccoli

Grab your Meal Kit with this symbol



Potato



Parsley



Baby Broccoli



Garlic



Black Peppercorns



Sirloin Steak



Light Thickened Cream



Beef Stock

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

You know you're in for a good night when this classic pub bistro meal is on the menu. With the most tender sirloin cut, flavourful parsley mash and the creamiest peppercorn sauce, honestly, it's a winning dish all round.

#### Pantry items

Olive Oil, Butter, Milk



## 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

Medium saucepan · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 bag	1 bag
butter*	40g	80g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
baby broccoli	1 bunch	2 bunches
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
sirloin steak	1 packet	2 packets
light thickened cream	1 packet (150ml)	2 packets (300ml)
beef stock	½ cube	1 cube

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2938kJ (702Cal)	506kJ (120Cal)
Protein (g)	43.8g	7.5g
Fat, total (g)	43.4g	7.5g
- saturated (g)	23.8g	4.1g
Carbohydrate (g)	33.1g	5.7g
- sugars (g)	7.1g	1.2g
Sodium (mg)	667mg	115mg

### 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.

### 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. Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **parsley**. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter, milk, salt** and **parsley** to the **potato**. Mash with a potato masher or fork until smooth. Cover to keep warm.



## 4. Cook the steak

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

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** 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 to rest.



## 2. Get prepped

While the potato is cooking, trim the **baby broccoli** and slice lengthways in half. Finely chop the **garlic** (or use a garlic press). Lightly crush the **black peppercorns** (see ingredients list) in a pestle and mortar or in their sachet using a rolling pin.



## 5. Cook the sauce

While the steak is resting, return the pan to a medium heat with a **drizzle** of **olive oil**. Add the **crushed peppercorns** and **remaining garlic** and cook until fragrant, **30 seconds**. Add a **dash** of **water** and scrape up any bits stuck to the bottom of the pan. Add the **light thickened cream** and crumble in the **beef stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Cook, until thickened, **1-2 minutes**. Stir through any **steak resting juices**.



## 3. Cook the baby broccoli

Heat a medium frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **baby broccoli** and a **dash** of **water** and cook, tossing often, until just tender, **4-5 minutes**. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## 6. Serve up

Thinly slice the steak. Divide the steak, potato mash and baby broccoli between plates and pour over the creamy peppercorn sauce.

## Enjoy!