



SIRLOIN STEAK & SALSA VERDE

WITH PARMESAN CHIPS



Make your own salsa verde!



Potato



Green Beans



Asparagus



Garlic



Parmesan Cheese



Coriander



Parsley



Mint



Capers



Dijon Mustard



Sirloin Steak

Hands-on: **20 mins**
Ready in: **35 mins**
Naturally gluten-free
Not suitable for Coeliacs

When the steaks are high... you can't go past a sirloin! The accompanying salsa verde is the perfect companion for this flavoursome beef and with things looking this good, it's time to set the dinner table, light a candle and pour a nice glass of red. Bon appetit!

Pantry Staples: Olive Oil, Red Wine Vinegar (or White Wine Vinegar), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, oven tray** lined with **baking paper, large frying pan, tongs, plate** and **foil**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potatoes** (unpeeled) into 1cm fries. **TIP:** *Cut the potatoes to the correct size so they cook in the allocated time.* Trim the **green beans**. Trim the woody ends (about 3cm) off the **asparagus**. Finely chop the **garlic** (or use a garlic press). Finely grate the **Parmesan cheese**.



2 COOK THE PARMESAN FRIES

Place the **potatoes** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Bake for **25 minutes**. Sprinkle with the finely grated **Parmesan cheese** and return to the oven. Bake for a further **4-5 minutes**, or until the potatoes are tender and the cheese is golden and slightly crispy.



3 MAKE THE SALSA VERDE

While the potatoes are roasting, finely chop the **coriander, parsley** and **mint** leaves until you have **1 tbs for 2 people / 2 tbs for 4 people** of each (discard any thick stems first!). Finely chop the **capers**. In a small bowl, combine the chopped herbs, capers, **red wine vinegar, honey, Dijon mustard** and **olive oil** (**2 tbs for 2 people / 1/3 cup for 4 people**).

TIP: *If you have a mini food processor, add all the ingredients and blitz until smooth!*



4 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **green beans** and cook for **2 minutes**, or until slightly tender. Add the **asparagus** and cook, tossing regularly, for **4-5 minutes** or until just tender. Add the **garlic** and cook for a further **1 minute**, or until fragrant. Season with a pinch of **salt** and **pepper**. Transfer to a plate and cover with foil to keep warm.



5 COOK THE STEAK

Return the pan to a high heat. **Drizzle** the **sirloin steaks** with **olive oil** and season both sides with **salt** and **pepper**. Once hot, add the steaks to the pan and cook for **2 minutes** on each side for medium-rare or until cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate. Set aside to rest for **5 minutes**.



6 SERVE UP

Divide the sirloin steak, Parmesan fries, asparagus and green beans between plates. Spoon the salsa verde over the steak.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200 g)	1 bag (400 g)
asparagus	1 bunch	2 bunches
garlic	1 clove	2 cloves
Parmesan cheese	1 block (25 g)	1 block (50 g)
coriander	1 bunch	1 bunch
parsley	1 bunch	1 bunch
mint	1 bunch	1 bunch
capers	¾ tub (17 g)	1 ½ tubs (34 g)
red wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
honey*	1 tsp	2 tsp
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
sirloin steak	2 steaks	4 steaks

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2660kJ (636Cal)	396kJ (95Cal)
Protein (g)	52.6g	7.8g
Fat, total (g)	28.8g	4.3g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	33.8g	5.0g
- sugars (g)	6.7g	1.0g
Sodium (g)	521mg	78mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

PAIR THIS MEAL WITH

Shiraz
or
Pinot Noir

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK29