



Oyster Sauce Sirloin & Ginger-Soy Greens

with Sesame Rice & Coriander

GOURMET

Grab your Meal Kit with this symbol



Jasmine Rice



Premium Sirloin Tip



Baby Broccoli



Pea Pods



Garlic



Spring Onion



Coriander



Lime



Sesame Seeds



Ginger Paste



Oyster Sauce



Sesame Oil Blend



Crispy Shallots

Prep in: 25-35 mins
Ready in: 30-40 mins

In this elegant, Japanese-inspired dish, the oyster sauce works beautifully with the tender sirloin, while the greens add zing and crunch. The fragrant and fluffy jasmine rice soaks up the sauce like a treat, while the coriander garnish adds an extra pop of colour and hit of citrus.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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 · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
premium sirloin tip	1 small packet	1 large packet
baby broccoli	1 bunch	2 bunches
pea pods	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
coriander	1 bag	1 bag
lime	½	1
sesame seeds	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
oyster sauce	½ large packet	1 large packet
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	1 tbs	2 tbs
sesame oil blend	½ packet	1 packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2761kJ (660Cal)	596kJ (142Cal)
Protein (g)	43.5g	9.4g
Fat, total (g)	19.7g	4.2g
- saturated (g)	5.3g	1.1g
Carbohydrate (g)	81.7g	17.6g
- sugars (g)	13.8g	3g
Sodium (mg)	795mg	171mg

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 Shiraz or Zinfandel.

We're here to help!

Scan here if you have any questions or concerns



Cook the rice

- Preheat oven to **220°C/200°C fan-forced**.
- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice** and a pinch of **salt**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the greens

- Return frying pan to medium-high heat. Cook **baby broccoli** and a dash of **water**, tossing, until slightly softened, **4-5 minutes**.
- Add **pea pods** and cook, tossing until softened, **1-2 minutes**.
- Add **ginger paste**, the **soy sauce** and a drizzle of **olive oil** and cook until fragrant, **1 minute**. Transfer to a medium bowl.

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 10 minutes before slicing.



Cook the sirloin

- See '**top steak tips!**' (below). While the rice is cooking, heat a drizzle of **olive oil** in a large frying pan over high heat.
- Season **premium sirloin tip** all over, then add to hot pan. Sear until browned, **1 minute** on all sides.
- Transfer to a lined oven tray. Roast for **17-22 minutes** for medium 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!



Make the sauce & finish the rice

- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Add **oyster sauce** (see ingredients), the **brown sugar** and the **water (for the sauce)** and cook, stirring, until bubbling, **2-3 minutes**. Remove from heat.
- Stir through any beef resting juices and a good squeeze of **lime juice**.
- To saucepan with rice, stir through toasted **sesame seeds** and **sesame oil blend** (see ingredients).



Get prepped

- While sirloin is roasting, trim the ends of **baby broccoli**, then slice in half lengthways.
- Trim **pea pods**.
- Finely grate **garlic**.
- Thinly slice **spring onion**.
- Roughly chop **coriander**.
- Slice **lime** into wedges.
- Wipe out frying pan, then return to medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Serve up

- Slice sirloin tip.
- Divide ginger-soy veggies and sesame rice between plates.
- Top rice with sirloin, spooning over oyster sauce. Garnish with coriander, spring onion and **crispy shallots**.
- Serve with any remaining lime wedges. Enjoy!

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