



Premium Sirloin Tip & Thyme Sauce

with Parmesan Mash & Garlicky Greens

WINTER SPECIAL

Grab your Meal Kit with this symbol



Potato



Asparagus



Green Beans



Garlic



Brown Onion



Thyme



Premium Sirloin Tip



Shaved Parmesan Cheese



Chicken-Style Stock Powder

Prep in: 25-35 mins
Ready in: 35-45 mins

A juicy cut of premium beef steak is always satisfying, while a side of Parmesan mash and green beans are comfortingly familiar. Just add a creamy thyme sauce to perfectly tie it all together!

Pantry items

Olive Oil, Butter, Milk

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
potato	2	4
asparagus	1 bunch	2 bunches
green beans	1 medium bag	2 medium bags
garlic	2 cloves	4 cloves
brown onion	1	2
thyme	1 bag	1 bag
premium sirloin tip	1 small packet	1 large packet
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
water*	½ cup	1 cup
chicken-style stock powder	1 medium sachet	1 large sachet
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2851kJ (681Cal)	405kJ (97Cal)
Protein (g)	46.1g	6.5g
Fat, total (g)	39.9g	5.7g
- saturated (g)	22.3g	3.2g
Carbohydrate (g)	34.4g	4.9g
- sugars (g)	14.3g	2g
Sodium (mg)	582mg	83mg

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.

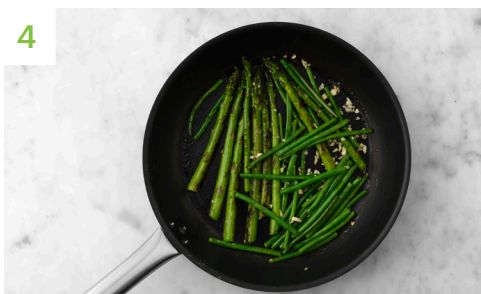
Top Steak Tips!

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.



Prep the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Trim the ends off **asparagus**.
- Trim **green beans**.
- Finely chop **garlic** and **brown onion**.
- Pick and finely chop **thyme** leaves.



Cook the greens

- While potato is cooking, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **asparagus** and **green beans**, tossing, until tender, **4-6 minutes**.
- Add half the **garlic** and cook until fragrant, **30 seconds**. Transfer to a plate and cover to keep warm.



Cook the steak

- **See 'Top Steak Tips!' (bottom left)**. In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Season **premium sirloin tip** all over and add to hot pan. Sear until browned, **1 minute** on both sides.
- Transfer to a lined oven tray and 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

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook **onion** and **thyme** until fragrant and softened, **3-4 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**.
- Stir in the **water**, any steak resting juices, **chicken-style stock powder** and the **butter (for the sauce)** and simmer until slightly thickened, **2-3 minutes**.



Make the Parmesan mash

- While steak is cooking, cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)**, the **milk** and **shaved Parmesan cheese**. Mash until smooth. Cover to keep warm.



Serve up

- Slice sirloin tip.
- Divide the Parmesan mash and garlicky greens between plates.
- Top mash with the steak. Spoon over the thyme sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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Classic Chocolate Self-Saucing Pudding

with Mixed Berry Compote

WINTER SPECIAL

Grab your Meal Kit with this symbol



Chocolate Pudding Mix



Light Cooking Cream



Mixed Berry Compote

Prep in: 10 mins
Ready in: 45 mins

Finish your night with the very best kind of chocolate pudding—a self-saucing one! Cakey on top and with a rich chocolate sauce underneath, it's an indulgent dessert that is sure to please.

Pantry items

Butter, Eggs, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, bake 2 batches of the classic self-saucing pudding

You will need

Medium baking dish

Ingredients

	4 People
butter*	80g
chocolate pudding mix	1 medium packet
eggs*	2
milk*	5 tbs
boiling water*	1¼ cups
light cooking cream	1 medium packet
mixed berry compote	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2799kJ (668Cal)	1211kJ (289Cal)
Protein (g)	10.6g	4.6g
Fat, total (g)	29.5g	12.8g
- saturated (g)	17.3g	7.5g
Carbohydrate (g)	89.4g	38.7g
- sugars (g)	74g	32g
Sodium (mg)	268mg	116mg

The quantities provided above are averages only.

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1



Get prepped

- Preheat oven to **180°C/160°C fan-forced**.
- Melt the **butter** in the microwave or a saucepan.
- Reserve 2 tablespoons of **chocolate pudding mix** and set aside.

3



Bake the pudding

- Pour **chocolate pudding mixture** into a baking dish. Evenly sprinkle over **reserved chocolate pudding mix**, then gently pour 1¼ cups **boiling water** over the back of a large metal spoon to cover the pudding.
- Bake until pudding is just set and the centre has a wobble, **35-38 minutes**.
- Remove from oven. Rest pudding for **5 minutes**.

TIP: Pouring the water over the back of a spoon is a gentle way of adding the water without damaging the pudding.

2



Combine the ingredients

- Crack the **eggs** into a large mixing bowl.
- Add remaining **chocolate pudding mix**, the **milk**, **melted butter** and a pinch of **salt**. Stir until well combined.

4



Serve up

- Divide chocolate self-saucing pudding between bowls.
- Serve with **light cooking cream** and **mixed berry compote**. Enjoy!

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