



# All-American Beef Sirloin & Mustard Sauce

with Sour Cream & Onion-Potato Mash

STEAK NIGHT

KID FRIENDLY

Grab your Meal Kit with this symbol



All-American Spice Blend



Premium Sirloin Tip



Carrot



Zucchini



Potato



Light Sour Cream



Brown Onion



Dijon Mustard

Prep in: 30-40 mins  
Ready in: 40-50 mins

Calorie Smart

You don't have to wait for a special occasion to create this gourmet feast, because we're making tonight, steak night! Enjoy this delectable combination of roast beef sirloin tip, doused in our gorgeous Dijon mustard sauce and served on a bed of fluffy mash.

### Pantry items

Olive Oil, Butter, 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

Large frying pan · Two oven trays lined with baking paper · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
premium sirloin tip	1 small packet	2 small packets OR 1 large packet
carrot	1	2
zucchini	1	2
potato	2	4
<b>butter* (for the mash)</b>	40g	80g
light sour cream	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
brown onion	1	2
<b>butter* (for the sauce)</b>	20g	40g
Dijon mustard	1 tub	2 tubs
<b>water*</b>	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2244kJ (536Cal)	320kJ (76Cal)
Protein (g)	41.7g	5.9g
Fat, total (g)	21.4g	3g
- saturated (g)	11.9g	1.7g
Carbohydrate (g)	42.8g	6.1g
- sugars (g)	23.2g	3.3g
Sodium (mg)	887mg	126mg

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

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the beef

- Preheat oven to **220°C/200°C fan-forced**.
- **See 'Top Steak Tips!' (below)**. In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **premium sirloin tip** then turn to coat.
- 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!

4



## Finish the potato mash

- While the potato is cooking, finely chop **brown onion**.
- Heat a large frying pan over medium heat with a drizzle of **olive oil**. Add **onion** and cook, until softened, **5-6 minutes**.
- Add **onion** to the mashed potato and stir through. Cover with a lid to keep warm.

### 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.

2



## Roast the veggies

- Bring a medium saucepan of lightly salted water to the boil.
- Cut **carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a second lined oven tray with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to coat. Cook until tender, **20-25 minutes**.

5



## Make the mustard sauce

- While the steak is resting, return frying pan to medium heat. Add the **butter (for the sauce)**, **Dijon mustard**, the **water** and the **brown sugar**. Season with a pinch of **salt** and **pepper**.
- Stir until slightly thickened, **1 minute**. Add the **resting juices** from the steak and remove from the heat.

3



## Start the potato mash

- While the veggies are roasting, cut **potato** into large chunks.
- To the saucepan of boiling water, add **potato** and cook until easily pierced with a knife, **10-15 minutes**.
- Drain and return to the saucepan. Add the **butter (for the mash)**, **light sour cream** and the **salt** to the saucepan.
- Mash until smooth. Cover with a lid to keep warm.

**Little cooks:** Get those muscles working and help mash the potatoes!

6



## Serve up

- Slice sirloin tip.
- Divide the sour cream and onion-potato mash and All-American steak between plates.
- Serve with the roast veggies and mustard sauce. Enjoy!

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