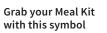


All-American Beef Sirloin & Mustard Sauce

with Sour Cream & Onion-Potato Mash

STEAK NIGHT

KID FRIENDLY









Spice Blend





Zucchini

Carrot







Brown Onion



Dijon Mustard



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



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 \cdot Two oven trays lined with baking paper \cdot Medium saucepan with a lid

Ingredients

9		
	2 People	4 People
olive oil*	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
butter* (for the mash)	40g	80g
light sour cream	1 medium packet	1 large packet
salt*	1/4 tsp	½ tsp
brown onion	1	2
butter* (for the sauce)	20g	40g
Dijon mustard	1 tub	2 tubs
water*	⅓ cup	½ cup
brown sugar*	1 tsp	2 tsp

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2244kJ (536Cal)	320kJ (76Cal)
41.7g	5.9g
21.4g	3g
11.9g	1.7g
42.8g	6.1g
23.2g	3.3g
887mg	126mg
	2244kJ (536Cal) 41.7g 21.4g 11.9g 42.8g 23.2g

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.



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.



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.



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!





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.



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.



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!

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.



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We're here to help!

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