



Premium Beef Sirloin & Creamy Dijon Sauce

with Parmesan Mash & Roasted Veggies

GOURMET

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Baby Broccoli



Dutch Carrots



Premium Sirloin Tip



Garlic



Parsley



Panko Breadcrumbs



Light Cooking Cream



Dijon Mustard



Chicken-Style Stock Powder

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

Make a flavour-packed sauce to drizzle over a tender cut of premium sirloin steak. Then, finish off your gourmet creation with creamy mash and vibrant veggies.

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 · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	½ cup
Parmesan cheese	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
Dutch carrots	1 bag	2 bags
premium sirloin tip	1 small packet	2 small packets OR 1 large packet
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
panko breadcrumbs	½ medium packet	1 medium packet
light cooking cream	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3036kJ (726Cal)	467kJ (112Cal)
Protein (g)	48.2g	7.4g
Fat, total (g)	35.6g	5.5g
- saturated (g)	18.4g	2.8g
Carbohydrate (g)	51.9g	8g
- sugars (g)	13.2g	2g
Sodium (mg)	998mg	153mg

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 Tempranillo or Cabernet Sauvignon

We're here to help!

Scan here if you have any questions or concerns



Make the Parmesan mash

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil.
- Peel **potato** and cut into large chunks. Add **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**.
- Drain and return to the pan. Add the **butter**, the **milk** and a generous pinch of **salt** to the saucepan with the potato. Mash with a potato masher or fork until smooth. Add **Parmesan cheese** and stir through until melted. Cover with a lid to keep warm.



Make the parsley crumb

- While steak is cooking, finely chop **garlic** and **parsley**.
- Return frying pan to medium-high heat with a good drizzle of **olive oil**. Add **panko breadcrumbs (see ingredients)** and cook, stirring until golden brown, **1-2 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season with a pinch of **salt** and **pepper**. Transfer to a medium bowl and stir through **parsley**.

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.



Roast the veggies

- While the potato is cooking, trim **baby broccoli**. Trim green tops from the **Dutch carrots** and scrub them clean. Slice **carrots** in half lengthways.
- Place **carrots** on a lined oven tray with baking paper and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Arrange in a single layer and roast for **15 minutes**.
- Remove tray from oven and add **baby broccoli** and a drizzle of **olive oil** (if needed). Toss to coat and roast until tender, **5-10 minutes**.



Make the sauce

- Wipe out frying pan and return to medium heat. Add **light cooking cream**, **Dijon mustard**, any **steak resting juices** and **chicken-style stock powder**.
- Simmer until thickened, **1-2 minutes**. Season with a pinch of **pepper**.



Cook the steak

- See '**Top Steak Tips!**' (*below*). 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 second 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.



Serve up

- Slice premium sirloin tip.
- Divide beef, Parmesan mash, roasted baby carrots and broccolini between plates.
- Spoon over the creamy Dijon sauce and garnish with parsley crumb to serve. Enjoy!

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