

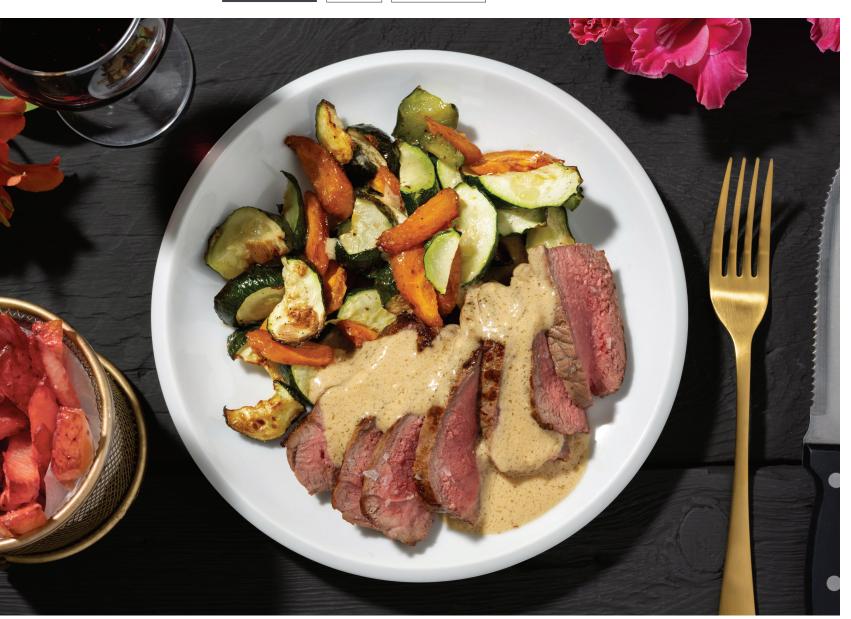
Beef Sirloin & Creamy Dijon Sauce

with Garlic Veggies & Sweet Potato Fries

STEAK NIGHT

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol















Zucchini



Dijon Mustard



Chicken-Style Stock Powder

Prep in: 35-45 mins Ready in: 45-55 mins

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

| | 2 People | 4 People | |
|-------------------------------|-----------------|-----------------|--|
| olive oil* | refer to method | refer to method | |
| sweet potato | 2 | 4 | |
| premium sirloin tip | 1 small packet | 1 large packet | |
| garlic | 1 clove | 2 cloves | |
| carrot | 1 | 2 | |
| zucchini | 1 | 2 | |
| butter* | 20g | 40g | |
| light cooking cream | 1 medium packet | 1 large packet | |
| Dijon mustard | 1 packet | 2 packets | |
| chicken-style stock powder | ½ medium sachet | 1 medium sachet | |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2575kJ (615Cal) | 402kJ (96Cal) |
| Protein (g) | 39.8g | 6.2g |
| Fat, total (g) | 33.2g | 5.2g |
| - saturated (g) | 16.5g | 2.6g |
| Carbohydrate (g) | 39.4g | 6.2g |
| - sugars (g) | 21.3g | 3.3g |
| Sodium (mg) | 815mg | 127mg |
| Dietary Fibre (g) | 10.4g | 1.6g |
| | | |

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.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Cook the steak

- Meanwhile in a large frying pan, heat a drizzle of olive oil over high heat. Season premium sirloin tip all over.
- When the pan is hot, sear sirloin 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 sirloin from oven and cover with foil to rest for 10 minutes.

TIP: The meat will keep cooking as it rests!



Get prepped

- While the steak is resting, finely chop garlic.
- Thinly slice **carrot** and **zucchini** into half-moons.



Cook the veggies

- Return frying pan, to medium-high heat with a drizzle of olive oil. Add carrot, zucchini and a splash of water and cook, stirring, until tender, 4-5 minutes.
- Season with a pinch of **salt** and **pepper** and transfer to a bowl and cover to keep warm.



Make the sauce

- While steak is resting, wash frying pan and return to medium heat with the butter and a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Add light cooking cream, Dijon mustard, chicken-style stock powder (see ingredients) and steak resting juices and cook until slightly thickened, 2 minutes. Season with pepper.



Serve up

- · Thinly slice steak.
- Divide the sirloin, fries and veggies between plates.
- Spoon over the Dijon sauce to serve. Enjoy!

