



Beef Sirloin & Creamy Dijon Sauce

with Garlic Veggies & Sweet Potato Fries

STEAK NIGHT

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Premium Sirloin Tip



Garlic



Carrot



Zucchini



Light Cooking Cream



Dijon Mustard



Chicken-Style Stock Powder

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

Carb 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 beef sirloin tip, doused in our gorgeous Dijon sauce and with a few special sides (garlic veggies and SP fries) and steak night will quickly take the cake for best night of the week!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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 · 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.

1



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.

4



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.

2



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!

5



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**.

3



Get prepped

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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