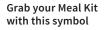


Beef Sirloin & Roast Oregano Potatoes

with Fetta & Balsamic Onions

STEAK NIGHT









Premium Sirloin









Dried Oregano

Green Beans







Carrot





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

A bed of golden herbed potatoes lays the base for a steak of joyous proportions: Tender strips of seared beef rump, topped with caramelised balsamic onions and creamy fetta. Teamed with crisp green beans to round out the meal, this is a winner of a steak dinner.

Pantry items

Olive Oil, Butter, Balsamic Vinegar, 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

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
premium sirloin tip	1 small packet	2 small packets OR 1 large packet	
potato	2	4	
dried oregano	1 sachet	2 sachets	
green beans	1 small bag	1 medium bag	
garlic	1 clove	2 cloves	
red onion	1	2	
carrot	1	2	
butter*	20g	40g	
balsamic vinegar*	1 tbs	2 tbs	
water*	½ tbs	1 tbs	
brown sugar*	1 tsp	½ tbs	
fetta cubes	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2762kJ (660Cal)	457kJ (109Cal)
Protein (g)	40.6g	6.7g
Fat, total (g)	39g	6.5g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	35.8g	5.9g
- sugars (g)	16.6g	2.7g
Sodium (mg)	426mg	70mg

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.



Cook the premium sirloin tip

- See Top Steak Tips! (below). Preheat oven to 220°C/200°C fan-forced. 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!



Roast the potatoes

- Meanwhile, cut potato into small chunks.
- Place on a second lined oven tray. Drizzle with olive oil, then sprinkle with the dried oregano and a pinch of salt.
- Toss to coat, then roast until golden,
 25-30 minutes.



Get prepped

- While potato is roasting, trim green beans.
- · Finely chop garlic.
- Thinly slice **red onion**.
- Cut carrot into thin sticks.



Cook the veggies

- Return frying pan, to medium-high heat with a drizzle of olive oil. Add green beans, carrot and a splash of water and cook, tossing, until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
 Transfer to a plate and cover with foil to keep warm.



Make the balsamic onions

- Return pan to medium-high heat with a drizzle of olive oil. Cook onion, stirring regularly, until softened, 5-6 minutes. Reduce heat to medium.
- Add the butter, the balsamic vinegar, the water and the brown sugar and mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a small bowl.



Serve up

- Slice premium sirloin tip.
- Divide the steak, oregano potatoes and veggies between plates.
- Spoon the balsamic onions over the steak.
 Crumble fetta cubes over oregano potatoes.
 Serve with garlic aioli. 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.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns