



# Beef Sirloin Tip & Decadent Onion Sauce

with Potatoes & Nutty Sautéed Greens

GOURMET

Grab your Meal Kit with this symbol



Potato



Premium Sirloin Tip



Baby Broccoli



Green Beans



Brown Onion



Garlic



Thyme



Light Cooking Cream



Vegetable Stock Powder



Hazelnuts

Prep in: 25-35 mins  
Ready in: 40-50 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 premium sirloin tip, doused in our decadent onion sauce and with a few staple sides (nutty greens and potatoes) steak night will quickly take the cake for best night of the week!

### Pantry items

Olive Oil



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
premium sirloin tip	1 small packet	2 small packets OR 1 large packet
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
brown onion	1	2
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
light cooking cream	1 medium packet	1 large packet
<b>water*</b>	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
hazelnuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2407kJ (575Cal)	364kJ (87Cal)
Protein (g)	43.1g	6.5g
Fat, total (g)	28.9g	4.4g
- saturated (g)	11.2g	1.7g
Carbohydrate (g)	34.9g	5.3g
- sugars (g)	14.5g	2.2g
Sodium (mg)	555mg	84mg
Dietary Fibre (g)	11.3g	1.7g

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](https://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 Malbec or Cabernet Sauvignon.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

4



## Cook the veggies

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing until tender, **5-6 minutes**.
- Add **green beans**, stirring, until softened, **2 minutes**.
- Add half the **garlic** and cook until fragrant, **1-2 minutes**.
- Transfer to a medium bowl and cover to keep warm.

### 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.

2



## Cook the steak

- See '**Top Steak Tips**' (*below*)! Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Season **premium sirloin tip** all over, then add to the hot pan. Sear until browned, **1 minute** on all sides.
- Transfer to a second lined oven tray and roast for **17-22 minutes** for medium, or until cooked to your liking.
- Remove from the oven and cover with foil to rest for **10 minutes**.

**TIP:** The steak will keep cooking as it rests!

5



## Make the onion sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, until tender, **4-5 minutes**.
- Stir through remaining **garlic** and **thyme** until fragrant, **1 minute**.
- Stir in **light cooking cream**, the **water** and **vegetable stock powder** and simmer until thickened, **2-3 minutes**. Season with **pepper**.

**TIP:** Add the steak resting juices to the sauce for extra flavour!

3



## Get prepped

- While the steak is roasting, trim **baby broccoli** and **green beans**.
- Thinly slice **brown onion**.
- Finely chop **garlic**.
- Pick **thyme** leaves.

6



## Serve up

- Sprinkle **hazelnuts** over the greens. Season, then toss to combine.
- Slice the sirloin tip.
- Divide beef sirloin, potatoes and nutty sautéed greens between plates.
- Spoon the decadent onion sauce over the sirloin to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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