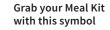


Beef Sirloin Tip & Decadent Onion Sauce

with Potatoes & Nutty Sautéed Greens

GOURMET









Premium Sirloin



Baby Broccoli

Green Beans





Brown Onion





Thyme



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 \cdot Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	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	
water*	1/4 cup	½ cup	
vegetable stock powder	1 medium sachet	1 large sachet	
hazelnuts	1 medium packet	1 large packet	
* Dantry Itoms			

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 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.



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.



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!



Get prepped

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



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.



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!



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!

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.



Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate