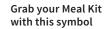


Chargrilled Premium Sirloin & Zucchini Salad with Corn & Spiced Sweet Potato Wedges

GRILL KIT









Sweet Potato







Corn

Zucchini



Premium Sirloin



Spinach & Rocket



Parmesan Cheese



Mayonnaise



Prep in: 20-30 mins Ready in: 35-45 mins

Nothing beats a good chargrilled steak. Teamed with a charred zucchini salad and Aussie-spiced sweet potato wedges, this is a winning summer meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Oven tray lined with baking paper · BBQ

Ingredients

_		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Aussie spice blend	1 medium sachet	2 medium sachets
zucchini	1	2
corn	1 cob	2 cobs
premium sirloin tip	1 small packet	2 small packets OR 1 large packet
butter*	20g	40g
spinach & rocket mix	1 medium bag	2 medium bags
white wine vinegar*	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3037kJ (726Cal)	434kJ (104Cal)
Protein (g)	48g	6.9g
Fat, total (g)	36.2g	5.2g
- saturated (g)	12.5g	1.8g
Carbohydrate (g)	51.9g	7.4g
- sugars (g)	22.4g	3.2g
Sodium (mg)	842mg	120mg

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.

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 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.



Bake the wedges

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

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



Get prepped

- While the wedges are baking, preheat BBQ to high heat. Thinly slice zucchini lengthways into strips, then place in a medium bowl. Drizzle with olive oil and a pinch of salt and pepper, tossing to coat.
- · Cut corn in half and set aside.
- See 'Top Steak Tips' (below left). In a second medium bowl, combine a drizzle of olive oil and a good pinch of salt and pepper. Add premium sirloin tip, turning to coat.



BBQ the sirloin tip & corn cobs

- When the BBQ is hot, sear sirloin until browned all over, 1 minute on all sides, then grill sirloin for 15-20 minutes, turning occasionally, for medium, or until cooked to your liking. Transfer to a plate to rest for 10 minutes.
- Meanwhile, add corn and grill, turning frequently, until charred all over, 10-15 minutes.
 Transfer to a plate, top with the butter and cover with foil.

No BBQ? To a saucepan of boiling water, cook corn, until tender and bright yellow, 5 minutes. Drain, top with butter and cover with foil. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook premium sirloin tip for 2 minutes on each side for medium-rare, or until cooked to your liking. Sear the fat and continue as above.

TIP: Meat will keep cooking as it rests!



BBQ the zucchini

 While the premium sirloin tip is resting, add zucchini to the BBQ and grill until charred and softened, 3-5 minutes either side. Return to the bowl.

No BBQ? Return frying pan to medium-high heat with a drizzle of olive oil. Cook zucchini until tender, 3-5 minutes each side. Return to bowl as above.



Toss the salad

 Top zucchini with spinach & rocket mix and a drizzle of white wine vinegar and olive oil. Toss to combine, then season to taste.



Serve up

- · Slice chargrilled sirloin.
- Sprinkle **Parmesan cheese** over the zucchini salad.
- Bring the sirloin, zucchini salad, corn cobs and spiced sweet potato wedges to the table.
- Serve with the **mayonnaise**. Enjoy!



Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate

We're here to help!

Scan here if you have any questions or concerns



