



# Chargrilled Premium Sirloin & Zucchini Salad

with Corn & Spiced Sweet Potato Wedges

GRILL KIT

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Zucchini



Corn



Premium Sirloin Tip



Spinach & Rocket Mix



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                             |
|----------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>          | 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<br>OR 1 large packet |
| <b>butter*</b>             | 20g             | 40g                                  |
| spinach & rocket mix       | 1 medium bag    | 2 medium bags                        |
| <b>white wine vinegar*</b> | 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](https://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.
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.

## We're here to help!

Scan here if you have any questions or concerns



1



## 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.

4



## 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.

2



## 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.

5



## 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.

3



## 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!

6



## 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!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)