



Premium Sirloin Tip & Béarnaise Sauce

with Zesty Sautéed Greens & Goat Cheese

VALENTINE'S SPECIAL

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Potato



Rosemary



Garlic



Marinated Goat Cheese



Premium Sirloin Tip



Pea Pods



Asparagus



Lemon



Parsley

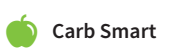


Béarnaise Sauce



Pine Nuts

Prep in: **30-40 mins**
Ready in: **35-45 mins**



You don't need to spend hours in the kitchen to create a gourmet meal for your loved one. This top-notch sirloin comes with all the good stuff: rosemary and garlic fries, zesty sautéed greens adorned with marinated goat cheese and buttery pine nuts and a drizzle of creamy béarnaise sauce, which has a touch of acidity to cut the lovely richness of the dish.

Pantry items

Olive Oil

AB



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
olive oil*	refer to method	refer to method
potato	2	4
rosemary	2 sticks	4 sticks
garlic	2 cloves	4 cloves
marinated goat cheese	½ packet	1 packet
premium sirloin tip	1 small packet	2 small packets OR 1 large packet
pea pods	1 medium bag	1 large bag
asparagus	1 bunch	2 bunches
lemon	½	1
parsley	1 bag	1 bag
béarnaise sauce	1 packet (50g)	1 packet (100g)
pine nuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2551kJ (610Cal)	399kJ (95Cal)
Protein (g)	45.6g	7.1g
Fat, total (g)	33.2g	5.2g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	31.1g	4.9g
- sugars (g)	11g	1.7g
Sodium (mg)	373mg	58mg
Dietary Fibre (g)	10.3g	1.6g

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 Cabernet Sauvignon or a GSM blend

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Prep the fries

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into fries.
- Pick **rosemary** leaves and finely chop.
- Finely chop **garlic**.
- In a small bowl, combine **rosemary, garlic** and a drizzle of **oil** from the **marinated goat cheese** packet.



Prep the veggies

- While the steak is roasting, trim **pea pods**, then slice in half lengthways.
- Trim **asparagus**.
- Zest **lemon** to get a pinch, then slice into wedges.
- Finely chop **parsley**.

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 5 minutes before slicing.



Bake the fries

- Place **fries** on a lined oven tray. Drizzle with **rosemary-garlic oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

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



Cook the greens

- While the steak is resting, return frying pan to medium-high heat with another drizzle of **olive oil**, if needed. Cook **asparagus** with a splash of **water**, tossing, until just tender, **4-5 minutes**.
- Add **pea pods** and cook until tender, **1-2 minutes**.
- Remove pan from the heat, then stir in the **lemon zest** and a squeeze of **lemon juice**. Season to taste.



Cook the sirloin

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat. Season **premium sirloin tip** all over.
- When oil is hot, add **sirloin** to the 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!



Serve up

- Slice premium sirloin tip.
- Divide the steak, rosemary fries and greens between plates.
- Spoon any resting juices over the steak, then top with a dollop of **béarnaise sauce**.
- Crumble goat cheese (**see ingredients**) over the greens, then sprinkle with **pine nuts** and parsley to serve. Enjoy!

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Peach & Passionfruit Sponge Trifles

with Coconut Caramel

VALENTINE'S SPECIAL

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Caster Sugar



Basic Sponge Mix



Shredded Coconut



Coconut Milk



Thickened Cream



Greek-Style Yoghurt



Tinned Peaches



Passionfruit

Prep in: **20 mins**
Ready in: **60 mins plus 6 hours**
or overnight

With luscious layers of coconut caramel, cream and juicy peaches, these make-ahead trifles are truly delicious!

Pantry items

Butter, Eggs, Milk, Brown Sugar

AB



Before you start

Wash your hands and any fresh food.

You will need

Kitchen scales · Square 20cm baking tin lined with baking paper · Electric beaters (or a metal whisk) · Large frying pan · 4 serving glasses

Ingredients

	4 People
caster sugar	1 medium packet (200g)
butter (for the sponge)*	20g
eggs*	3
basic sponge mix	1 medium packet (205g)
milk*	½ cup
shredded coconut	1 medium packet
coconut milk	1 medium tin
brown sugar*	100g
butter (for the caramel)*	50g
thickened cream	1 medium packet
Greek-style yoghurt	1 large packet
tinned peaches	1 medium tin
passionfruit	1

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2361kJ (564Cal)	772kJ (184Cal)
Protein (g)	7.2g	2.4g
Fat, total (g)	33.9g	11.1g
- saturated (g)	24.2g	7.9g
Carbohydrate (g)	56.4g	18.4g
- sugars (g)	43.1g	14.1g
Sodium (mg)	220mg	72mg

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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1



Bake the sponge

- Preheat oven to **160°C/180°C fan-forced**. Grease and line a baking tin.
- In a large bowl, place **200g caster sugar** and the **butter (for the sponge)**. Mix with electric beaters until pale and thickened, **2-3 minutes**. Add the **eggs** and beat until smooth, **1-2 minutes**.
- Add **basic sponge mix** and the **milk** and fold in with a spoon until just combined.
- Pour cake batter into the lined baking tin. Bake for **45 minutes -1 hour**. Set aside to cool completely in tin.

TIP: To check if the cake is done, stick a knife or skewer in the centre and it should come out clean.

3



Whip the cream & get prepped

- While caramel is cooling, place **thickened cream** and **Greek-style yoghurt** in a second large bowl. Whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.
- Drain **tinned peaches** and roughly chop. Halve **passionfruit** and scoop the pulp into a small bowl.
- When sponge cake has cooled, cut or tear half the **cake** in bite-sized chunks.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted!

TIP: If you don't have electric beaters, use a hand metal whisk!

2



Make the coconut caramel

- Meanwhile, heat a large frying pan over medium-high heat. Toast **shredded coconut** until golden, **2-3 minutes**. Transfer to an airtight container until you are ready to serve.
- Return pan to medium-high heat. Add **coconut milk**, the **brown sugar** and **butter (for the caramel)** and stir to melt. Simmer, stirring, until reduced and turned to caramel, **5-6 minutes**. Transfer to a bowl and set aside to cool.

4



Assemble the trifles & serve up

- In four glasses or jars, layer with some of the sponge, coconut caramel, whipped cream, peaches and passionfruit pulp.
- Repeat the layers with the remaining ingredients, making sure you finish with the cream. Refrigerate for **6 hours** or overnight.
- When the trifles have set and you are ready to serve, sprinkle toasted coconut over peach and passionfruit sponge trifles. Enjoy!

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