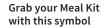


# Oyster Sauce Sirloin & Ginger-Soy Greens with Sesame Rice & Coriander

GOURMET









Jasmine Rice

Premium Sirloin





Baby Broccoli





**Spring Onion** 





Coriander



Sesame Seeds

**Ginger Paste** 







**Oyster Sauce** 

Sesame Oil

Blend



Crispy Shallots



Prep in: 25-35 mins Ready in: 30-40 mins

Make a simple steak and veg a little more special by serving with mouth-watering garlic rice! Plus, using our delicious oyster sauce means you get a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

**Pantry items** 

Olive Oil, Soy Sauce, Brown Sugar

## 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

Medium saucepan with a lid  $\cdot$  Large frying pan  $\cdot$  Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
premium sirloin tip	1 small packet	2 small packets OR 1 large packet
baby broccoli	1 bunch	2 bunches
pea pods	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
coriander	1 packet	1 packet
lime	1/2	1
sesame seeds	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
oyster sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
sesame oil blend	½ packet	1 packet
crispy shallots	1 medium packet	1 large packet

#### \*Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2745kJ (656Cal)	592kJ (141Cal)
Protein (g)	43.5g	9.4g
Fat, total (g)	20g	4.3g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	81.7g	17.6g
- sugars (g)	14.6g	3.1g
Sodium (mg)	795mg	171mg

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 Pinot Noir or Shiraz



Scan here if you have any questions or concerns





## Cook the rice

- Preheat oven to 220°C/200°C fan-forced. Add the water (for the rice) to a medium saucepan and bring to the boil.
- Add jasmine rice and a pinch of salt. Stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat. Keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Cook the sirloin

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

TIP: The meat will keep cooking as it rests!



# Get prepped

- While the sirloin is roasting, trim the ends of baby broccoli, then slice in half lengthways.
- Trim pea pods.
- Finely grate garlic.
- Thinly slice spring onion.
- Roughly chop coriander.
- · Slice lime into wedges.
- Wipe out frying pan, then return to medium-high heat. Toast sesame seeds, tossing, until golden,
   3-4 minutes. Transfer to a bowl.



## Cook the greens

- Return frying pan to medium-high heat. Cook baby broccoli and a dash of water, tossing, until slightly softened, 4-5 minutes.
- Add pea pods and cook until softened,
  1-2 minutes.
- Add ginger paste, the soy sauce and a drizzle of olive oil and cook until fragrant, 1 minute.
   Transfer to a medium bowl.



## Make the sauce

- Return frying pan to medium heat with a drizzle of olive oil. Cook garlic until fragrant,
  1 minute. Add oyster sauce, the brown sugar and water (for the sauce) and cook, stirring, until bubbling, 2-3 minutes. Remove from heat.
- Stir through any beef resting juices and a good squeeze of lime juice.
- To saucepan with rice, stir through toasted sesame seeds and sesame oil blend (see ingredients).



## Serve up

- · Slice sirloin tip.
- Divide ginger-soy veggies and sesame rice between plates.
- Top rice with sirloin, spooning over the sauce.
  Garnish with coriander, spring onion and crispy shallots.
- Serve with any remaining lime wedges. Enjoy!

#### **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.

#### Rate your recipe

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