



Premium Sirloin Tip & Rosemary Fries

with Zesty Sautéed Greens & Goat Cheese

SEASONAL 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

Carb Smart

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

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 medium packet	1 large packet
pea pods	1 medium packet	1 large packet
asparagus	1	2
lemon	½	1
parsley	1 packet	1 packet
béarnaise sauce	1 medium packet	1 large packet
pine nuts	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2507kJ (599Cal)	393kJ (94Cal)
Protein (g)	45.4g	7.1g
Fat, total (g)	32.2g	5g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	31.1g	4.9g
- sugars (g)	10.9g	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 Pinot Noir or Sangiovese

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1 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.



4 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**.



2 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.



5 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.



3 Cook the sirloin

- 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.
- 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!



6 Serve up

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

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Sticky Date & Almond Pudding

with Caramel Sauce & Cream

SEASONAL SPECIAL

Grab your Meal Kit with this symbol



Pitted Dates



Roasted Almonds



Basic Sponge Mix



Sweet Golden Spice Blend



Brown Sugar



Caramel Sauce



Light Cooking Cream

Prep in: 15-25 mins
Ready in: 50-60 mins

Finish your dinner off with the very best kind of pudding – sticky date! Cakey on top and densely rich underneath, it's studded with chewy dates and topped off with an oozy caramel sauce for an indulgent dessert that never fails to please.

Pantry items

Butter, Eggs

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, double your quantities and bake two batches of pudding

You will need

Medium or large baking dish · Small saucepan

Ingredients

	4 People
pitted dates	1 packet
roasted almonds	1 packet
boiling water*	½ cup
butter*	110g
basic sponge mix	½ medium packet
sweet golden spice blend	1 medium sachet
brown sugar	½ medium packet
eggs*	2
caramel sauce	1 medium packet
water* (for the sauce)	2 tbs
light cooking cream	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2893kJ (691Cal)	1501kJ (358Cal)
Protein (g)	10.1g	5.2g
Fat, total (g)	41.4g	21.5g
- saturated (g)	22.9g	11.9g
Carbohydrate (g)	67.5g	35g
- sugars (g)	47.5g	24.6g
Sodium (mg)	623mg	323mg

The quantities provided above are averages only.

*Nutritional information is based on 4 puddings.

Allergens

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1



Get prepped

- Boil the kettle. Preheat oven to **200°C/180°C fan-forced**.
- Roughly chop **pitted dates** and **roasted almonds**.
- In a large heatproof bowl, add **dates** and the **boiling water** (½ cup for 4 people). Stir and set aside until lukewarm, **10 minutes**.

TIP: Reserve the water as it's used in step 2!

3



Make the caramel sauce

- When pudding has **5 minutes** remaining, heat a small saucepan over medium heat.
- Cook **caramel sauce** and the **water (for the sauce)**, whisking, until it starts to bubble, **2-3 minutes**.

2



Bake the pudding

- In a medium heatproof bowl, microwave the **butter** in **10 second** bursts, until melted.
- To bowl with dates, add **basic sponge mix (see ingredients)**, **sweet golden spice blend**, **brown sugar (see ingredients)**, the **melted butter**, **eggs** and half the **almonds**. Mix until well combined.
- Generously grease base and sides of baking dish and pour in **sticky date batter**.
- Bake until just firm to the touch, **35-40 minutes**.

TIP: To check if the pudding is done, stick a toothpick or skewer in the centre. It should come out clean.

4



Serve up

- Divide sticky date and almond pudding between bowls.
- Top with caramel sauce and **light cooking cream**.
- Sprinkle over remaining almonds to serve. Enjoy!

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