



# Roast Sirloin Tip & Béarnaise Sauce

with Lemon Butter Greens & Flaked Almonds

GOURMET

Grab your Meal Kit with this symbol



Premium Sirloin Tip



Potato



Thyme



Garlic



Green Beans



Lemon



Silverbeet



Béarnaise Sauce



Flaked Almonds

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

Carb Smart

Tonight proves that a gourmet pub bistro-style meal doesn't take hours or fancy equipment. You just need great ingredients. Whip up this tender sirloin with a rich and decadent béarnaise sauce plus classic roasted potatoes and a side of greens, and you'll be calling yourself a chef in no time.

### Pantry items

Olive Oil, Butter

## 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

|                     | 2 People        | 4 People         |
|---------------------|-----------------|------------------|
| <b>olive oil*</b>   | refer to method | refer to method  |
| premium sirloin tip | 1 medium packet | 1 large packet   |
| potato              | 2               | 4                |
| thyme               | 1 packet        | 1 packet         |
| garlic              | 2 cloves        | 4 cloves         |
| green beans         | 1 medium packet | 2 medium packets |
| lemon               | ½               | 1                |
| silverbeet          | 1 medium packet | 1 large packet   |
| <b>butter*</b>      | 20g             | 40g              |
| béarnaise sauce     | 1 medium packet | 1 large packet   |
| flaked almonds      | 1 medium packet | 1 large packet   |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2495kJ (596Cal) | 423kJ (101Cal) |
| Protein (g)       | 42.1g           | 7.1g           |
| Fat, total (g)    | 33.9g           | 5.7g           |
| - saturated (g)   | 9.9g            | 1.7g           |
| Carbohydrate (g)  | 30.2g           | 5.1g           |
| - sugars (g)      | 9.5g            | 1.6g           |
| Sodium (mg)       | 271mg           | 46mg           |
| Dietary Fibre (g) | 12.1g           | 2.1g           |

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.

## Fancy a drop?

We recommend pairing this meal with Cabernet Sauvignon or Malbec

## We're here to help!

Scan here if you have any questions or concerns



## Roast the sirloin tip

- Preheat oven to **220°C/200°C fan-forced**.
- See **'Top Steak Tips!' (below)**. In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Season **premium sirloin tip** all over and add to hot pan. Sear until browned, **1 minute** on both sides.
- Transfer to a lined oven tray and 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!



## Cook veggies

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until softened, **4-5 minutes**. Add **silverbeet** and stir until the leaves have wilted, **2-3 minutes**.



## Roast the potato

- Meanwhile, cut **potato** into bite-sized chunks.
- Pick **thyme** leaves.
- Place **potato** on a second lined oven tray. Drizzle with **olive oil** and season with **thyme, salt** and **pepper**.
- Toss to coat, then bake until tender, **25-30 minutes**.

**TIP:** Divide the potato between two trays if your tray is getting crowded.



## Flavour the veggies

- Reduce heat to medium and add **garlic**, the **butter** and a good squeeze of **lemon juice**, and stir until fragrant and the butter has melted, **1 minute**. Season to taste.



## Get prepped

- While sirloin tip is resting, finely chop **garlic**.
- Trim **green beans**.
- Slice **lemon** in half.
- Roughly chop **silverbeet**.



## Serve up

- Slice beef.
- Divide roast sirloin tip, lemon butter greens, roasted potatoes and **béarnaise sauce** between plates. Pour resting juices over the beef.
- Sprinkle **flaked almonds** over roasted potatoes 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.

## Rate your recipe

Did we make your tastebuds happy?

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