



Premium Sirloin Tip & Creamy Mash

with Roast Veggies & Bacon-Mushroom Sauce

SEASONAL SPECIAL



Grab your Meal Kit with this symbol



Dutch Carrots



Green Beans



Premium Sirloin Tip



Potato



Garlic



Parsley



Diced Bacon



Sliced Mushrooms



Light Cooking Cream

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

Eat Me First

Dish up tender sirloin tip with a creamy mushroom-bacon sauce, plus mash, Dutch carrots and green beans to complement the rich flavours. It's hard to beat this elegant and classic meal for a fine dining experience at home.

Pantry items

Olive Oil, Butter, Milk

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 · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Dutch carrots	1 bunch	2 bunches
green beans	1 small packet	1 medium packet
premium sirloin tip	1 medium packet	1 large packet
potato	2	4
butter* (for the mash)	30g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
diced bacon	1 medium packet	1 large packet
sliced mushrooms	1 medium packet	1 large packet
butter* (for the sauce)	20g	40g
light cooking cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3171kJ (758Cal)	446kJ (107Cal)
Protein (g)	50g	7g
Fat, total (g)	47g	6.6g
- saturated (g)	26.5g	3.7g
Carbohydrate (g)	32.4g	4.6g
- sugars (g)	13.3g	1.9g
Sodium (mg)	930mg	131mg
Dietary Fibre (g)	9g	1.3g

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 Grenache or Pinot Noir

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1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil.
- Trim green tops from **Dutch carrots** and scrub **carrots** clean. Trim **green beans**.
- Arrange **carrots** on a lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- In the last **5 minutes** cook time, add **green beans** to the tray, tossing to combine. Return to the oven and roast until tender.

4



Cook the bacon

- Meanwhile, finely chop **garlic**.
- Finely chop **parsley**.
- Return frying pan to medium-high heat with a drizzle of **olive oil** if needed.
- Cook **diced bacon**, breaking up with a spoon, until browned, **4-5 minutes**.
- Stir through half the **parsley** and transfer to a bowl.

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.

2



Cook the beef

- **See Top Steak tips! (below)**. While carrots are roasting, heat a drizzle of **olive oil** in a large frying pan over high heat.
- Season **premium sirloin tip** all over and add to the hot pan. Sear until browned, **1 minute** on all sides.
- Transfer to a second lined oven tray and roast for **17-20 minutes** for medium or until cooked to your liking.
- Remove from the oven and cover with foil to rest.

TIP: The meat will keep cooking as it rests!

5



Cook the mushrooms

- Return frying pan to medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add **sliced mushrooms** and **butter (for the sauce)** and cook, stirring, until well browned, **4-5 minutes**.
- Reduce heat to medium and return **bacon** to the pan along with **light cooking cream** and any **steak resting juices**. Stir until well combined and reduced slightly, **2-3 minutes**. Season.

3



Make the mash

- While the beef is roasting, peel **potato** and cut into large chunks.
- Cook in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan.
- Add the **butter (for the mash)**, **milk** and **salt**, then mash until smooth. Cover to keep warm.

6



Serve up

- Slice premium sirloin tip steak.
- Divide the mash between plates and top with the baby carrots, green beans and steak.
- Spoon over the creamy bacon-mushroom sauce and garnish with the remaining parsley. Enjoy!

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Layered Victoria Sponge Pots

with Stewed Apple & Whipped Cream

SEASONAL SPECIAL

Grab your Meal Kit with this symbol



Caster Sugar



Basic Sponge Mix



Apple



Thickened Cream



Flaked Almonds

Prep in: 25-35 mins
Ready in: 70-80 mins

This classic English delicacy is perfect for those who are craving something a little bit sweet, yet a little bit regal after dinner. Stewed apple and whipped cream are the perfect additions to the fluffy sponge chunks in this dish. It even gets the royal tick of approval!

Pantry items

Butter, Eggs, Milk, Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, double your quantities and bake in two batches!

You will need

Round cake tin (20cm) or loaf tin lined with baking paper ·
Electric beaters · Medium saucepan

Ingredients

	4 People
caster sugar	1 medium packet
butter* (softened)	200g
eggs*	3
basic sponge mix	1 medium packet
milk*	½ cup
apple	2
sugar*	¼ cup
water*	¼ cup
thickened cream	1 medium packet
flaked almonds	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	4252kJ (1016Cal)	1186kJ (283Cal)
Protein (g)	14.2g	4g
Fat, total (g)	58.1g	16.2g
- saturated (g)	34.1g	9.5g
Carbohydrate (g)	111.7g	31.2g
- sugars (g)	76.2g	21.3g
Sodium (mg)	966mg	269mg
Dietary Fibre (g)	5.2g	1.5g

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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1



Bake the sponge cake

- Preheat oven to **180°C/160°C fan-forced**. Grease and line a cake tin.
- In a large bowl, place 200g **caster sugar** and the **butter (softened)**. 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 with a spoon until just combined.
- Pour **cake batter** into lined tin. Bake for **45 minutes-1 hour**. Set aside to cool completely in tin.

TIP: To avoid clumps of butter in your mixture, allow your butter to soften to room temperature first!

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

- Using electric beaters, whisk **thickened cream** in a large bowl or jug until soft peaks form and almost doubled in size, **3-4 minutes**.
- When sponge cake has cooled, cut half the cake into bite-sized chunks.

TIP: For maximum volume, chill both your bowl and cream before whipping.

TIP: Store left over sponge cake in an airtight container.

2



Stew the apple

- Meanwhile, roughly chop **apple**.
- In a medium saucepan, combine **apple**, the **sugar** and **water**, over medium heat.
- Cook **apple**, stirring, until softened and thickened, **5-8 minutes**. Set aside.

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

4



Build & serve

- In four glasses or jars, layer with some of the sponge cake, stewed apple and whipped cream.
- Repeat with remaining ingredients.
- To serve, top layered Victoria sponge pots with **flaked almonds**. Enjoy!

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