



# Seared Beef Sirloin & Pesto Butter Sauce

with Lemony Greens & Herby Roast Sweet Potato

GOURMET

Grab your meal kit  
with this number

15



Sweet Potato



Premium Sirloin  
Tip



Zucchini



Brown Onion



Baby Spinach  
Leaves



Dried Oregano



Capsicum



Garlic

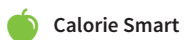


Lemon



Basil Pesto

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



You know you're in for a good night when the only thing standing between you and this gourmet meal is a matter of minutes! With only the most tender sirloin cut, buttery pesto sauce and roasted veggies, you really can't go wrong.

### Pantry items

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
dried oregano	1 medium sachet	2 medium sachets
premium sirloin tip	1 medium packet	1 large packet
capsicum	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
brown onion	1	2
lemon	½	1
baby spinach leaves	1 medium packet	1 large packet
<b>butter*</b>	10g	20g
basil pesto	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2660kJ (636Cal)	350kJ (84Cal)
Protein (g)	45.4g	6g
Fat, total (g)	30.2g	4g
- saturated (g)	7.3g	1g
Carbohydrate (g)	43.4g	5.7g
- sugars (g)	23.4g	3.1g
Sodium (mg)	323mg	42mg
Dietary Fibre (g)	15.7g	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.

## 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.



## Roast the sweet potato

- Preheat oven to **220°C/200°C fan-forced**. Cut **sweet potato** into 1cm rounds.
- Place **sweet potato** and **dried oregano** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, then bake until tender, **25-30 minutes**.



## Get prepped

- Meanwhile, finely chop **garlic** and **brown onion**. Slice **lemon** into wedges.
- Just before serving, add **baby spinach leaves** to the bowl with the veggies and toss to combine. Drizzle with a little **olive oil** and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.

**TIP:** Toss the lemony greens just before serving to keep the salad leaves crisp.



## Cook the sirloin

- See '**Top Steak Tips!**' (*below left*). While the sweet potato is roasting, 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 second lined oven tray and roast for **17-22 minutes** for medium or 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!



## Make the pesto sauce

- Return the frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**. Add **onion** and cook, stirring, until softened, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Remove pan from the heat and stir through the **basil pesto** until well combined. Pour in any **resting juices** from the **steak**. Season to taste with **salt** and **pepper**.



## Cook the veggies

- When the steak is resting, thinly slice **capsicum** into strips. Thinly slice **zucchini** into half-moons.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **zucchini** and **capsicum**, tossing, until tender, **4-5 minutes**. Transfer to a medium bowl and cover to keep warm.



## Serve up

- Slice the sirloin.
- Divide seared beef sirloin between plates. Spoon over the pesto butter sauce.
- Serve with the lemony greens, herby sweet potatoes and remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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