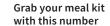


Champion Beef Sirloin & Sweet Soy Pumpkin with Pickled Veggies, Radish Salad & Crunchy Noodles

GOLD MEDAL MEALS









Premium Sirloin





Sweet Soy Seasoning



Carrot





Cucumber



Mixed Salad



Japanese Style Dressing

Radish

Leaves



Sesame Dressing



Crunchy Fried Noodles

Prep in: 20-30 mins Ready in: 40-50 mins



This dish is a true feast for champions! Tender roasted sirloin tip teamed with sweet-soy pumpkin chunks and delicate veggie ribbons, plus some bonus texture from crunchy noodles is a dinner delight full of tantalising taste and texture.

Pantry items

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
premium sirloin tip	1 medium packet	1 large packet
pumpkin	1 medium	1 large
sweet soy seasoning	1 sachet	2 sachets
carrot	1	2
cucumber	1	2
vinegar* (white wine or rice wine)	¹⁄₄ cup	½ cup
radish	1	2
mixed salad leaves	1 small packet	1 medium packet
Japanese style dressing	1 packet	2 packets
sesame dressing	1 medium packet	2 medium packets
crunchy fried noodles	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2441kJ (583Cal)	363kJ (87Cal)
Protein (g)	41.8g	6.2g
Fat, total (g)	28.1g	4.2g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	39.9g	5.9g
- sugars (g)	24.3g	3.6g
Sodium (mg)	1545mg	230mg
Dietary Fibre (g)	8.3g	1.2g

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.



Start the sirloin tip

- Preheat oven to 220°C/200°C fan-forced.
- 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.



Roast the sirloin tip

- Transfer beef 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!



Roast the pumpkin

- While beef is roasting, cut pumpkin into bite-sized chunks.
- Place pumpkin on a second lined oven tray.
 Sprinkle with sweet soy seasoning, season with salt, drizzle with olive oil and toss to coat.
- Roast until tender, 20-25 minutes.

TIP: Peel the pumpkin if you prefer and scrape out the seeds, if necessary!



Pickle the veggies

- While pumpkin is roasting, using a vegetable peeler, peel carrot and cucumber into ribbons (stopping when you reach the seeds in the centre).
- In a medium bowl, combine the vinegar and a good pinch of sugar and salt.
- Add carrot and cucumber to pickling liquid. Add enough water to just cover veggies. Set aside.



Toss the salad

- While beef is resting, thinly slice radish into rounds.
- In a large bowl, combine radish, mixed salad leaves and Japanese style dressing. Season to taste.



Serve up

- · Drain pickled veggies.
- · Slice beef.
- Divide sweet soy pumpkin, pickled veggies and radish salad between plates.
- Top with champion beef sirloin.
- Drizzle over sesame dressing. Sprinkle with crunchy fried noodles to serve. Enjoy!

