



Champion Beef Sirloin & Sweet Soy Pumpkin

with Pickled Veggies, Radish Salad & Crunchy Noodles

GOLD MEDAL MEALS

Grab your meal kit with this number

32



Premium Sirloin Tip



Pumpkin



Sweet Soy Seasoning



Carrot



Cucumber



Radish



Mixed Salad Leaves



Japanese Style Dressing



Sesame Dressing



Crunchy Fried Noodles

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

Carb Smart

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

Olive Oil, Vinegar (White Wine or Rice Wine)

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) | ¼ 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.



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.



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!



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.



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!



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!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate