

# Roast Beef Sirloin & Lyonnaise Potatoes

with Red Wine Jus & Sautéed Lemon Veggies

FRENCH FLAIR

Grab your meal kit  
with this number

38



Premium Sirloin  
Tip



Chat Potatoes



Dutch Carrots



Green Beans



Garlic



Brown Onion



Parsley



Thyme



Lemon



Red Wine  
Jus

### Recipe Update

We've replaced the leek in this recipe with onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

 Calorie Reduced

Ooh la la! This French-inspired twist on the classic meat and three veg features tender sirloin topped with velvety red wine jus, simple yet stunning Lyonnaise potatoes and zesty veg. Don't wait - dig into delicious decadence with every bite.

### 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

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
chat potatoes	1 medium packet	1 large packet
Dutch carrots	1 bunch	2 bunches
green beans	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
brown onion	1	2
parsley	1 packet	1 packet
thyme	1 packet	1 packet
lemon	½	1
<b>butter*</b>	20g	40g
red wine jus	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2193kJ (524Cal)	346kJ (83Cal)
Protein (g)	41.6g	6.6g
Fat, total (g)	21.4g	3.4g
- saturated (g)	9.3g	1.5g
Carbohydrate (g)	39.9g	6.3g
- sugars (g)	11.6g	1.8g
Sodium (mg)	392mg	62mg
Dietary Fibre (g)	11.8g	1.9g

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 Pinot Noir or Grenache.

## 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**. 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 the lemon veggies

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **carrots** until slightly tender, **1-2 minutes**. Add **green beans** and cook, tossing, until tender, **4-5 minutes**. Add a dash of **water** to the pan to help veggies cook.
- Add half the **garlic** and cook until fragrant, **1 minute**.
- Remove from heat, then add **lemon zest** and a generous squeeze of **lemon juice**, tossing to coat.
- Transfer to serving plates, season and cover to keep warm.



## Roast the potatoes

- Meanwhile, halve **chat potatoes**.
- Place **potatoes** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.



## Make the Lyonnaise potatoes

- When potatoes have **5 minutes** remaining, return frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **onion**, stirring, until softened, **4-5 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **roasted potatoes** and chopped **parsley**, tossing to coat.
- Season to taste.



## Get prepped

- While potatoes are roasting, trim green tops from **Dutch carrots**, then scrub **carrots** clean.
- Halve **carrots** lengthways.
- Trim **green beans**.
- Thinly slice **garlic** and **brown onion**.
- Roughly chop **parsley**.
- Pick **thyme** leaves.
- Zest **lemon** to get a generous pinch, then cut into wedges.



## Serve up

- Meanwhile, in a microwave-safe bowl, microwave **red wine jus**, any **beef resting juices** and thyme, in **30 second** bursts, until warmed through.
- Slice sirloin tip.
- Divide roast beef sirloin and Lyonnaise potatoes between plates with sautéed lemon veggies.
- Spoon over **red wine jus**. Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

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