



# Seared Sirloin & Creamy Pepper Sauce

with Parsley Mash & Baby Carrots

GOURMET

Grab your meal kit  
with this number

15



Potato



Parsley



Premium Sirloin  
Tip



Dutch Carrots



Garlic



Light Cooking  
Cream

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



Protein Rich

Nothing can beat the juiciness of a good sirloin tip, cooked just the way you like. We think we can make it even better by adding a zap of taste with a peppery sauce combined with cream and a parsley mash potato, because you really can't have steak without a bit of mash on the side.

### Pantry items

Olive Oil, Butter, Milk, Cracked Black Pepper

## 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

Medium saucepan · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
parsley	1 packet	1 packet
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
premium sirloin tip	1 medium packet	2 medium packets OR 1 large packet
Dutch carrots	1 bunch	2 bunches
garlic	2 cloves	4 cloves
<b>cracked black pepper*</b>	2 tsp	4 tsp
light cooking cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2726kJ (652Cal)	497kJ (119Cal)
Protein (g)	40.5g	7.4g
Fat, total (g)	40.6g	7.4g
- saturated (g)	21.8g	4g
Carbohydrate (g)	31g	5.7g
- sugars (g)	11.9g	2.2g
Sodium (mg)	941mg	172mg
Dietary Fibre (g)	6.6g	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](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 Shiraz or Pinot Noir



## Make the parsley mash

- Preheat oven to **220°C/200°C fan-forced**.
- Bring a medium saucepan of lightly salted water to the boil.
- Peel **potato** and cut into large chunks.
- Finely chop **parsley** leaves.
- Cook **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan.
- Add the **butter, milk, salt** and **parsley**, then mash until smooth. Cover to keep warm.



## Cook the baby carrots

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrots**, tossing, until tender, **5-7 minutes**. Add a dash of water to the pan to help carrots cook.
- Add half the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## Roast the sirloin tip

- Meanwhile, 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.

**TIP:** *The meat will keep cooking as it rests!*



## Cook the sauce

- While the beef is resting, return pan to medium heat with a drizzle of **olive oil**. Add the **cracked black pepper** and remaining **garlic** and cook until fragrant, **30 seconds**.
- Reduce heat to medium, then add a dash of **water** and scrape up any bits stuck to the bottom of the pan. Add **light cooking cream** and cook until thickened, **1-2 minutes**. Stir through any **beef resting juices**. Season to taste with **salt** and **pepper**.



## Get prepped

- While the beef is roasting, trim green tops from **Dutch carrots**, then scrub **carrots** clean. Halve lengthways.
- Finely chop **garlic**.



## Serve up

- Slice premium sirloin tip.
- Divide roast sirloin, potato mash and garlic baby carrots between plates.
- Pour over the creamy pepper sauce to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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