

Provençal Beef Sirloin & Mushroom Gravy

with Crispy Duck Fat Potatoes & Mustard Caper Salad

FRENCH FLAIR

Grab your meal kit with this number

38



Premium Sirloin Tip



Herb & Mushroom Seasoning



Chat Potatoes



Thyme



Duck Fat



Baby Cos Lettuce



Red Radish



Sliced Mushrooms



Mushroom Sauce



Capers



Mustard Cider Dressing

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

Carb Smart

Protein Rich

Eat Me First

Picture this; herby roasted sirloin tip, doused in a thyme and mushroom gravy, with golden chat potatoes, perfectly crispy from the duck fat. This Provençal inspired dish is made just that much better with a radish, mustard and caper salad. Now stop picturing it. It is right here and ready to be devoured!

Pantry items

Olive Oil

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	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
chat potatoes	1 medium packet	1 large packet
thyme	1 packet	1 packet
duck fat	1 packet	2 packets
baby cos lettuce	½ head	1 head
red radish	1	2
sliced mushrooms	1 medium packet	1 large packet
mushroom sauce	1 packet	2 packets
water*	½ cup	¾ cup
capers	1 packet	2 packets
mustard cider dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2486kJ (594cal)	189kJ (45cal)
Protein (g)	42.6g	3.2g
Fat, total (g)	29g	2.2g
- saturated (g)	7.4g	0.6g
Carbohydrate (g)	38.7g	2.9g
- sugars (g)	8.2g	0.6g
Sodium (mg)	1507mg	114.7mg
Dietary Fibre (g)	8.3g	0.6g

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.

Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner.



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 **sirloin** to a lined oven tray and sprinkle over **herb & mushroom seasoning**.
- 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!



Make the mushroom gravy

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **sliced mushrooms**, tossing, until browned and softened, **6-8 minutes**.
- Remove from heat, then stir in **mushroom sauce**, the **water** and the remaining **thyme**, until warmed through and combined, **1-2 minutes**.



Roast the potatoes

- While the sirloin tip is roasting, halve **chat potatoes**.
- Pick **thyme** leaves.
- Place **duck fat** in a small heatproof bowl and microwave in **10 second** bursts, until melted.
- Place **potatoes** on a second lined oven tray. Drizzle with **duck fat**, sprinkle with half the **thyme**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **30-35 minutes**.



Toss the salad

- In a medium bowl, combine **cos lettuce**, **radish**, **capers** and **mustard cider dressing**.
- Season with **salt** and **pepper**.

TIP: Capers have a strong flavour, use less if preferred.



Get prepped

- When beef is resting, trim **baby cos lettuce** (see ingredients) and roughly chop.
- Thinly slice **red radish** into rounds.



Serve up

- Thinly slice sirloin tip.
- Divide crispy duck fat potatoes, mustard caper salad and Provençal beef sirloin between plates.
- Spoon over mushroom gravy to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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