



# Roast Sirloin Tip & Creamy Pepper Sauce

with Gourmet Garden Parsley Mash

GOURMET

Grab your meal kit with this number

15



Potato



Lightly Dried Parsley



Premium Sirloin Tip



Dutch Carrots



Garlic



Light Cooking Cream

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

Carb Smart

Protein Rich

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. Say goodbye to boring mashed potato when you have this dried parsley on hand and when you serve it up with baby carrots and roast sirloin, this is truly a big winner dinner.

### 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
<b>salt*</b>	¼ tsp	½ tsp
lightly dried parsley	½ packet	1 packet
premium sirloin tip	1 medium packet	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)	2774kJ (663Cal)	507kJ (121Cal)
Protein (g)	41g	7.5g
Fat, total (g)	41.1g	7.5g
- saturated (g)	21.8g	4g
Carbohydrate (g)	31.9g	5.8g
- sugars (g)	12.1g	2.2g
Sodium (mg)	1066mg	195mg
Dietary Fibre (g)	6.3g	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](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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

## We're here to help!

Scan here if you have any questions or concerns



## 1 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.
- 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 **Gourmet Garden lightly dried parsley** (see ingredients), then mash until smooth. Cover to keep warm.



## 4 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.



## 2 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 **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!



## 5 Cook the sauce

- While the sirloin 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, 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 sirloin resting juices and season to taste.



## 3 Get prepped

- While the steak is roasting, trim green tops from **Dutch carrots**, then scrub **carrots** clean. Halve lengthways (if preferred).
- Finely chop **garlic**.



## 6 Serve up

- Very thinly slice beef.
- Divide sirloin tip, parsley potato mash and garlic baby carrots between plates.
- Pour over the creamy pepper sauce to serve. Enjoy!

## Rate your recipe

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