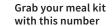
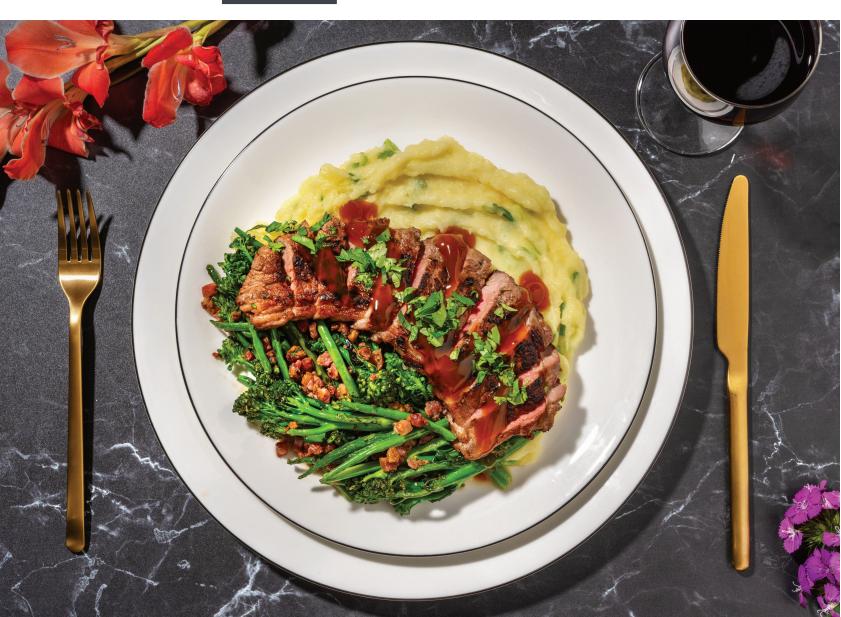


Herby Roast Sirloin Tip & Spring Onion Mash with Gravy & Bacon Greens

SPRING SPECIAL













Potato



Spring Onion

Garlic & Herb Seasoning





Green Beans

Premium Sirloin



Baby Broccoli





Diced Bacon



Gravy Granules

Prep in: 35-45 mins Ready in: 35-45 mins

Carb Smart



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
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
spring onion	1 stem	2 stems
butter*	40g	80g
milk*	2 tbs	½ cup
garlic & herb seasoning	1 medium sachet	1 large sachet
premium sirloin tip	1 medium packet	2 medium packets OR 1 large packet
green beans	1 small packet	1 medium packet
baby broccoli	1 bunch	2 bunches
parsley	1 packet	1 packet
diced bacon	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625cal)	262kJ (63cal)
Protein (g)	50.7g	5.1g
Fat, total (g)	30g	3g
- saturated (g)	15.8g	1.6g
Carbohydrate (g)	36.9g	3.7g
- sugars (g)	11.5g	1.2g
Sodium (mg)	1336mg	133.9mg
Dietary Fibre (g)	8.7g	0.9g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the 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 garlic. Thinly slice spring onion.
- Cook potato and garlic in the saucepan of boiling water until the potato can be easily pierced with a fork, 12-15 minutes. Drain and return to saucepan.
- Add the butter, milk and a pinch of salt.
 Remove from heat. Mash until smooth. Stir through spring onion. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Roast the beef

- Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil.
- Rub garlic & herb seasoning and a drizzle of olive oil over premium sirloin tip.
- Season sirloin all over, then add to the hot pan.
 Sear until browned, 1 minute on both sides.
- Transfer seared sirloin to a lined oven tray.
 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!



Get prepped

- · Meanwhile, trim green beans.
- Slice baby broccoli in half lengthways.
- Roughly chop parsley.



Cook the bacon greens

- While beef is resting, return frying pan to medium-high heat with a drizzle of olive oil.
 Cook diced bacon, breaking up with a spoon, until golden, 4-5 minutes. Transfer to a medium bowl.
- Return frying pan to medium-high heat. Cook green beans and baby broccoli, tossing, until softened, 4-5 minutes.
- Remove pan from heat, then stir though parsley (reserve a pinch for garnish!). Return bacon to pan. Season with salt and pepper, tossing to coat.



Make the gravy

- Meanwhile, boil the kettle.
- In a medium heatproof bowl, combine gravy granules and the boiling water (½ cup for 2 people / 1 cup for 4 people). Whisk until smooth, 1 minute.



Serve up

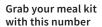
- · Very thinly slice roast sirloin tip.
- Divide sirloin, bacon greens and spring onion mash between plates. Pour gravy over sirloin.
- · Garnish with remaining parsley to serve. Enjoy!





Berry Cheesecake Pots with Coconut Crumb

SPRING SPECIAL









Shredded Coconut



Light Cooking Cream

Mixed Berry Compote



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

Oven tray lined with baking paper \cdot Electric beaters \cdot 4 serving glasses

Ingredients

	6 People
butter*	50g
plain flour*	½ cup
brown sugar*	2 tbs
shredded coconut	1 packet
cream cheese	2 packets
light cooking cream	1 medium packet
sugar*	1 tbs
mixed berry compote	1 sachet

^{*}Pantry Items

Nutrition

Per Serving*	Per 100g
2101kJ (502Cal)	1172kJ (280Cal)
6.8g	3.8g
35.3g	19.7g
24.1g	13.4g
38g	21.2g
23.7g	13.2g
316mg	176mg
3g	1.7g
	2101kJ (502Cal) 6.8g 35.3g 24.1g 38g 23.7g 316mg

The quantities provided above are averages only. *Nutritional information is based on 4 servings.

Allergens

Always read product labels for the most up-to-date allergen information.

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Get prepped

- Preheat oven to 180°C/160°C fan-forced.
- Cut the **butter** into small cubes.
- In a medium bowl, add the plain flour, brown sugar, butter, shredded coconut and a pinch of salt.



Bake the coconut crumb

- Using your fingertips, rub the butter into the flour mixture, until resembling breadcrumbs.
 Transfer to a lined oven tray and spread out in a single layer.
- Bake until golden, 8-10 minutes. Set aside to cool

TIP: Keep the crumb slightly clumped together on the tray, if it's spread too thin it can burn!



Beat the cream cheese

- While the crumble is cooling, in a large bowl, add cream cheese and beat, using electric beaters until smooth, 1-2 minutes.
- Add light cooking cream and caster sugar and beat until well combined and smooth,
 1-2 minutes.



Assemble the pots

- Divide half the cream cheese mixture between the serving glasses, then top with half the mixed berry compote and half the coconut crumb.
- Repeat the layering once more with the remaining ingredients.



Chill the pots

 Refrigerate the cheesecake pots for 6 hours or overnight to set.



Serve up

• Sprinkle the remaining coconut crumb over the berry cheesecake pots to serve. Enjoy!

