



Herby Roast Sirloin Tip & Spring Onion Mash

with Gravy & Bacon Greens

SPRING SPECIAL

Grab your meal kit with this number

28



Potato



Garlic



Spring Onion



Garlic & Herb Seasoning



Premium Sirloin Tip



Green Beans



Baby Broccoli



Parsley



Diced Bacon



Gravy Granules

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

Protein Rich

Carb Smart

This spring dinner-time, create a fine-dining experience that is sure to impress your family and friends. Enjoy this delectable combination of roast beef and gravy with a few special touches, then fall in love with our spring onion mash.

Pantry items

Olive Oil, Butter, Milk

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	¼ 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!



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 through **parsley** (reserve a pinch for garnish!). Return **bacon** to pan. Season with **salt** and **pepper**, tossing to coat.



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!



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**.



Get prepped

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



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!

We're here to help!

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2024 | CW40



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Berry Cheesecake Pots

with Coconut Crumb

SPRING SPECIAL

Grab your meal kit
with this number

28



Shredded Coconut



Cream Cheese



Light Cooking
Cream



Mixed Berry
Compote

Prep in: **20-30** mins
Ready in: **6** hrs or overnight

Layer upon layer of crunchy coconut crumb, tangy berry compote and rich cream cheese makes for a decadent dessert, that not only looks impressive but is a delight to dig into!

Pantry items

Butter, Plain Flour, Brown Sugar,
Caster Sugar

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 · Electric beaters · 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

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2101kJ (502Cal)	1172kJ (280Cal)
Protein (g)	6.8g	3.8g
Fat, total (g)	35.3g	19.7g
- saturated (g)	24.1g	13.4g
Carbohydrate (g)	38g	21.2g
- sugars (g)	23.7g	13.2g
Sodium (mg)	316mg	176mg
Dietary Fibre (g)	3g	1.7g

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

Allergens

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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**.



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.



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!



Chill the pots

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



Beat the cream cheese

- While the crumb 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**.



Serve up

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

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