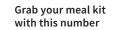


# Roast Sirloin Tip & Creamy Pepper Sauce

with Parsley Mash & Dutch Carrots

GOURMET













Premium Sirloin









Chicken Stock Pot



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



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.



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
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 packet	1 packet
butter*	40g	80g
milk*	2 tbs	1/4 cup
salt*	1/4 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
cracked black pepper*	2 tsp	4 tsp
light cooking cream	1 medium packet	1 large packet
chicken stock pot	½ packet	1 packet

# \*Pantry Items

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2722kJ (651cal)	316kJ (76cal)
Protein (g)	40.5g	4.7g
Fat, total (g)	40.5g	4.7g
- saturated (g)	21.7g	2.5g
Carbohydrate (g)	30.9g	3.6g
- sugars (g)	11.9g	1.4g
Sodium (mg)	941mg	109.2mg
Dietary Fibre (g)	6.6g	0.8g

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.

## Fancu a drop?

We recommend pairing this meal with Shiraz or Pinot Noir.



# Make the parsley mash

- See 'Top Roast Tips!' (below). 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.
- Roughly chop parsley.
- 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.



## Roast the beef

- 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.

TIP: The meat will keep cooking as it rests!



# Get prepped

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



# 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.



# 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 chicken stock pot (see ingredients), then cook until thickened, 1-2 minutes.
- · Stir through any beef resting juices.



## Serve up

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

#### **Top Roast Tips!**

- 1. Remove roast from packaging and set aside at room temperature 15 minutes before cooking.
- 2. Use paper towel to pat dry before seasoning.
- 3. Check if meat is done by pressing on it gently with tongs rare is soft, medium is springy and well-done is firm.
- 4. Let roast rest on a plate for 10 minutes before slicing.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



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