

Roast Sirloin Tip & Creamy Pepper Sauce

with Parsley Mash & Dutch Carrots

GOURMET

Grab your meal kit
with this number

15



Potato



Parsley



Premium Sirloin
Tip



Dutch Carrots



Garlic



Light Cooking
Cream



Chicken Stock
Pot

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



Protein Rich



Carb Smart

Say goodbye to boring mashed potato when you have this parsley on hand. It upgrades your dish instantly and when you serve it up with Dutch 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 · Oven tray lined with baking paper

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	¼ cup
salt*	¼ 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.

Fancy 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.



Cook the Dutch carrots

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrots**, tossing, until tender, **5-7 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the pan to help the carrots cook, if needed.



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 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!



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, then 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)** and cook until thickened, **1-2 minutes**. Stir through any **sirloin resting juices**.



Get prepped

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



Serve up

- Very thinly slice roast sirloin tip.
- Divide roast sirloin tip, parsley mash and Dutch carrots between plates.
- Pour over the 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.

We're here to help!

Scan here if you have any questions or concerns



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