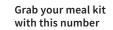


Roast Sirloin Tip & Creamy Pepper Sauce with Parsley Mash & Dutch Carrots

GOURMET









Potato





Premium Sirloin









Chicken Stock Pot



Prep in: 25-35 mins Ready in: 25-35 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 · 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	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 Energy (kJ) 2722kJ (651cal) Protein (g) 40.5g

316kJ (76cal) 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 941mg 109.2mg Sodium (mg) Dietary Fibre (g) 0.8g 6.6g

Per 100g

The quantities provided above are averages only.

Alleraens

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.



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!



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 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.



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.



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.



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

Scan here if you have any questions or concerns