

with Lemony Greens & Herby Roast Sweet Potato Rounds

GOURMET











Sweet Potato

Dried Oregano



Premium Sirloin









Brown Onion

Lemon





Baby Spinach Leaves

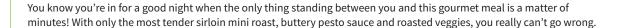
Basil Pesto

Prep in: 20-30 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
dried oregano	1 sachet	2 sachets
premium sirloin tip	1 medium packet	2 medium packets OR 1 large packet
capsicum	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
brown onion	1	2
lemon	1/2	1
baby spinach leaves	1 medium packet	1 large packet
butter*	10g	20g
basil pesto	1 packet	2 packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2418kJ (578cal)	450kJ (84cal)
Protein (g)	39.5g	7.4g
Fat, total (g)	28.9g	5.4g
- saturated (g)	7g	1.3g
Carbohydrate (g)	37.9g	7.1g
- sugars (g)	17.9g	3.3g
Sodium (mg)	315mg	58.7mg
Dietary Fibre (g)	13.2g	2.5g

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.

Fancu a drop?

We recommend pairing this meal with Cabernet Sauvignon or Malbec.



Roast the sweet potato

- See 'Top Roast Tips!' (below).
- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato into 1cm-thick rounds.
- · Place sweet potato and dried oregano on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- · Toss to coat, then bake until tender, 25-30 minutes.

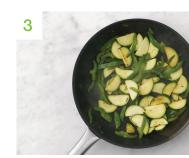
TIP: If your tray is crowded, divide the sweet potato between two trays.



Roast the beef

- · While the sweet potato is roasting, heat a large frying pan over high heat with a drizzle of olive oil. Season premium sirloin tip all over, then add to the hot pan. Sear until browned, 1 minute on both sides.
- Transfer **beef** to a second lined oven tray and roast for **15-20 minutes** (for a 300g piece) or 18-23 minutes (for a 600g piece) for medium-rare or until cooked to your liking.
- Remove from oven and cover with foil to rest for 10 minutes.





Cook the veggies

- When the beef is resting, thinly slice capsicum into strips.
- Thinly slice zucchini into half-moons.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook capsicum and zucchini, tossing, until tender, 4-5 minutes. Transfer to a medium bowl and cover to keep warm.



Prep the lemony veggies

- Meanwhile, finely chop garlic and brown onion.
- Slice lemon into wedges.
- Just before serving, add baby spinach leaves to the bowl with veggies and toss to combine. Drizzle with a little **olive oil** and a squeeze of lemon juice. Season to taste with salt and pepper.

TIP: Toss the lemony greens just before serving to keep the salad leaves crisp.



Make the pesto sauce

- · Return frying pan to medium-high heat with the butter and a drizzle of olive oil. Add onion and cook, stirring until softened, **3-4 minutes**.
- Add garlic and cook until fragrant, 1 minute.
- Remove pan from the heat, then stir through basil pesto until well combined. Pour in any sirloin resting juices. Season to taste with salt and pepper.



Finish & serve

- · Very thinly slice the beef.
- Divide roast beef sirloin between plates. Spoon pesto butter sauce over beef.
- Serve with lemony greens, herby sweet potato rounds and any remaining lemon wedges. 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.



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