



Roast Beef Sirloin & Pesto Butter Sauce

with Lemony Greens & Herby Roast Sweet Potato Rounds

GOURMET

Grab your meal kit with this number

38



Sweet Potato



Dried Oregano



Premium Sirloin Tip



Capsicum



Zucchini



Garlic



Brown Onion



Lemon



Baby Spinach Leaves



Basil Pesto

Prep in: 20-30 mins
Ready in: 35-45 mins

Protein Rich

Carb Smart

You know you're in for a good night when the only thing standing between you and this gourmet meal is a matter of minutes! With only the most tender sirloin mini roast, buttery pesto sauce and roasted veggies, you really can't go wrong.

Pantry items

Olive Oil, Butter

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

	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	½	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.

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 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.



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.

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.



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**.

TIP: The meat will keep cooking as it rests!



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**.



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.



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!

We're here to help!

Scan here if you have any questions or concerns



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