



Roast Sirloin Tip & Rosemary Fries

with Zesty Sautéed Greens & Goat Cheese

GOURMET

Grab your meal kit
with this number

15



Potato



Rosemary



Garlic



Marinated Goat
Cheese



Premium Sirloin
Tip



Pea Pods



Asparagus



Lemon



Parsley



Béarnaise Sauce



Pine Nuts

Prep in: 30-40 mins
Ready in: 35-45 mins

Protein Rich

This top-notch sirloin comes with all the good stuff: rosemary and garlic fries, zesty sautéed greens adorned with marinated goat cheese and buttery pine nuts and a drizzle of creamy béarnaise sauce, which has a touch of acidity to cut through the lovely richness of the dish.

Pantry items

Olive Oil

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
potato	2	4
rosemary	2 sticks	4 sticks
garlic	2 cloves	4 cloves
marinated goat cheese	½ packet	1 packet
premium sirloin tip	1 medium packet	2 medium packets OR 1 large packet
pea pods	1 medium packet	2 medium packets
asparagus	1	2
lemon	½	1
parsley	1 packet	1 packet
béarnaise sauce	1 medium packet	1 large packet
pine nuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2566kJ (613cal)	397kJ (61cal)
Protein (g)	48.8g	7.5g
Fat, total (g)	32g	4.9g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	32.5g	5g
- sugars (g)	10.3g	1.6g
Sodium (mg)	377mg	58.3mg
Dietary Fibre (g)	9.7g	1.5g

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 Pinot Noir or Sangiovese.



Prep the fries

- See **'Top Roast Tips!'** (below). Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into fries.
- Pick **rosemary leaves** and finely chop.
- Finely chop **garlic**.
- In a small bowl, combine **rosemary, garlic** and a drizzle of **oil** from the **marinated goat cheese** packet.



Prep the veggies

- While the beef is roasting, trim **pea pods**, then slice in half lengthways.
- Trim **asparagus**.
- Zest **lemon** to get a pinch, then slice into wedges.
- Finely chop **parsley**.



Bake the rosemary fries

- Place **fries** on a lined oven tray lined. Drizzle with **rosemary-garlic oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the greens

- While the beef is resting, return frying pan to medium-high heat with another drizzle of **olive oil**, if needed. Cook **asparagus** with a splash of **water**, tossing, until just tender, **4-5 minutes**.
- Add **pea pods** and cook until tender, **1-2 minutes**.
- Remove pan from the heat, then stir in the **lemon zest** and a squeeze of **lemon juice**. Season to taste.



Cook the sirloin

- 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 all 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 the oven and cover with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Finish & serve

- Very thinly slice beef.
- Divide roast sirloin tip, rosemary fries and zesty sautéed greens between plates.
- Spoon any resting juices over the beef, then top with a drizzle of **béarnaise sauce**.
- Crumble marinated goat cheese (see ingredients) over the greens.
- Sprinkle over **pine nuts** and parsley 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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