



Chargrilled Sirloin Steak & Baby Broccoli

with Mustard & Dill Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Dill



Wholegrain Mustard



Sour Cream



Sirloin Steak



Italian Truffle Mayonnaise

Hands-on: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Naturally gluten-free
Not suitable for Coeliacs

Nothing beats a good chargrilled steak. Paired with charred baby broccoli and mustardy potatoes, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

BBQ or 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
baby broccoli	1 bunch	2 bunches
dill	1 bunch	1 bunch
wholegrain mustard	½ tub	1 tub
sour cream	1 packet (100g)	1 packet (200g)
sirloin steak	1 packet	2 packets
Italian truffle mayonnaise	1 tub	2 tubs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2532kJ (605Cal)	475kJ (113Cal)
Protein (g)	45.1g	8.5g
Fat, total (g)	33.6g	6.3g
- saturated (g)	10.5g	2g
Carbohydrate (g)	29.4g	5.5g
- sugars (g)	4.8g	0.9g
Sodium (mg)	403mg	76mg

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.



Roast the potato

Preheat the BBQ to a high heat. Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **20-25 minutes**.



Cook the baby broccoli

Meanwhile, add the **baby broccoli** to the BBQ and grill, turning, until charred and cooked through, **3-5 minutes**. Transfer to a plate.

No BBQ? Heat a large frying pan over a medium-high heat with a drizzle of olive oil. Cook the **baby broccoli**, tossing, until charred and tender, 5-6 minutes.



Get prepped

While the potato is roasting, trim and halve the **baby broccoli** lengthways. Roughly chop the **dill**. In a medium bowl, combine the **wholegrain mustard** (see ingredients), **sour cream** and **dill**. Set aside. In a second medium bowl, combine the **baby broccoli** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Place the **sirloin steak** on a plate, drizzle with **olive oil** and season with **salt** and **pepper** on both sides.



Toss the potato

When the **potato** is cooked, allow to cool for **5 minutes**. Add the **potato** to the **sour cream mustard dressing** and toss to combine.



Cook the steak

When the BBQ is hot, add the **steak** and grill, **2-4 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate to rest and cover to keep warm.

No BBQ? In a large frying pan, heat a drizzle of olive oil over a high heat. When the oil is hot, cook the **steaks**, 2-3 minutes on each side for medium-rare or cooked to your liking.



Serve up

Slice the steak. Dollop the **Italian truffle mayonnaise** over the steak. Bring everything to the table to serve. Help yourself to the steak, mustard and dill roasted potatoes and baby broccoli.

Enjoy!