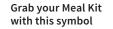
# Garlic & Herb Roast Sirloin Tip

with Spring Onion & Garlic Mash, Bacon Greens & Gravy

SEASONAL SPECIAL









Potato



**Spring Onion** 



Seasoning





Green Beans

Premium Sirloin





Baby Broccoli



Diced Bacon



**Gravy Granules** 



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

You don't have to wait for a special occasion to create this fine-dining experience. Enjoy this delectable combination of roast beef and gravy with a few special touches, then fall in love with our delicious apple and pear crumble for dessert.

**Pantry items** Olive Oil, Butter, Milk

### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Large frying pan} \cdot \mbox{Oven tray lined with baking paper}$ 

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
spring onion	1 stem	2 stems
butter*	40g	80g
milk*	2 tbs	1/4 cup
garlic & herb seasoning	1 medium sachet	1 large sachet
premium sirloin tip	1 small packet	1 large packet
green beans	1 small bag	1 medium bag
baby broccoli	1 bunch	2 bunches
parsley	1 bag	1 bag
diced bacon	1 packet (90g)	1 packet (180g)
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup

### \*Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2593kJ (620Cal)	424kJ (101Cal)
Protein (g)	48.3g	7.9g
Fat, total (g)	30.2g	4.9g
- saturated (g)	15.9g	2.6g
Carbohydrate (g)	37g	6.1g
- sugars (g)	11.6g	1.9g
Sodium (mg)	1334mg	218mg

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.

### **Top Steak Tips!**

- 1. Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
- **3.** For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.



### Make the mash

- 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. Finely chop garlic. Thinly slice spring onion.
- Cook potato and garlic in the saucepan of boiling water until the potato can be easily pierced with a fork, 12-15 minutes. Drain and return to saucepan.
- Add the butter, milk and a pinch of salt.
  Remove from heat. Mash until smooth. Stir through spring onion. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



### Cook the bacon greens

- While beef is resting, return frying pan to medium-high heat with a drizzle of olive oil.
   Cook diced bacon, breaking up with a spoon, until golden, 4-5 minutes. Transfer to a medium bowl.
- Return frying pan to medium-high heat. Cook green beans and baby broccoli, tossing, until softened, 4-5 minutes.
- Remove pan from heat, then stir though parsley (reserve a pinch for garnish!). Return bacon to pan. Season with salt and pepper, tossing to coat.



### Roast the beef

- See 'Top Steak Tips!' (below left). Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil.
- Rub garlic & herb seasoning and a drizzle of olive oil over premium sirloin tip.
- Season the sirloin all over, then add to the hot pan. Sear until browned, 1 minute on both sides.
- Transfer seared sirloin to a lined oven tray.
  Roast for 17-22 minutes for medium or until cooked to your liking.
- Remove from oven and cover with foil to rest for 10 minutes (the meat will continue to cook as it rests).



# Get prepped

- Meanwhile, trim green beans.
- Slice baby broccoli in half lengthways.
- Roughly chop parsley.



### Make the gravy

- · Meanwhile, boil the kettle.
- In a medium heatproof bowl, combine gravy granules and the boiling water (1/2 cup for 2 people / 1 cup for 4 people). Whisk until smooth, 1 minute.



### Serve up

- Slice the roast sirloin tip.
- Divide sirloin, bacon greens and mash between plates. Pour gravy over sirloin.
- · Garnish with remaining parsley to serve. Enjoy!



Scan here if you have any questions or concerns

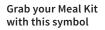






# Spiced Apple & Pear Crumble with Vanilla Custard

SEASONAL SPECIAL













Sweet Golden



Spice Blend



Vanila Custard



Prep in: 20-30 mins Ready in: 45-55 mins

Golden, crumbly and simply delicious, it's no wonder the classic crumble never fails to please. Once you have one bite of this delectable treat, you'll be wanting more!

**Pantry items** Brown Sugar, Butter

## Before you start

Wash your hands and any fresh food.

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 baking dish · Small saucepan

### Ingredients

<b>3</b>	
	4 People
apple	2
pear	2
sweet golden spice blend	1 sachet
brown sugar*	2 tbs
water*	1 tbs
butter*	100g
classic oat mix	1 packet
vanilla custard	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (728Cal)	845kJ (201Cal)
Protein (g)	10.8g	3g
Fat, total (g)	33.2g	9.2g
- saturated (g)	20.5g	5.7g
Carbohydrate (g)	91.8g	25.4g
- sugars (g)	57.5g	15.9g
Sodium (mg)	310mg	86mg

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.



# Get prepped

 Preheat oven to 220°C/200°C fan-forced. Cut apple and pear (unpeeled) into 1cm chunks.

**TIP:** For a more traditional crumble, peel the fruit before cutting into chunks.



# Spice the fruit

 In a medium baking dish, combine apple, pear, sweet golden spice blend, the brown sugar, the water and a pinch of salt. Set aside.



# Make the crumble topping

 In a small saucepan, melt the butter over a low heat. Add classic oat mix and stir to combine.



## Assemble the crumble

Sprinkle the crumble mixture evenly over the spiced fruit.



## Bake the crumble

• Bake the **crumble** until the topping is golden and the fruit is tender, **20-25 minutes**.

**TIP:** The fruit is cooked when you can pierce it easily with a fork.



### Serve up

- Divide the spiced apple and pear crumble between bowls.
- Serve with vanilla custard. Enjoy!



<sup>\*</sup>Nutritional information is based on 4 servings.