



Garlic & Herb Roast Sirloin Tip

with Spring Onion & Garlic Mash, Bacon Greens & Gravy

SEASONAL SPECIAL

Grab your Meal Kit with this symbol



Potato



Garlic



Spring Onion



Garlic & Herb Seasoning



Premium Sirloin Tip



Green Beans



Baby Broccoli



Parsley



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

Medium saucepan · 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
garlic	3 cloves	6 cloves
spring onion	1 stem	2 stems
butter*	40g	80g
milk*	2 tbs	¼ 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.
2. 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.

1



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!

4



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 through **parsley** (reserve a pinch for garnish!). Return **bacon** to pan. Season with **salt** and **pepper**, tossing to coat.

2



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).

5



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**.

3



Get prepped

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

6



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!

We're here to help!

Scan here if you have any questions or concerns



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Spiced Apple & Pear Crumble

with Vanilla Custard

SEASONAL SPECIAL

Grab your Meal Kit with this symbol



Apple



Pear



Sweet Golden Spice Blend



Classic Oat Mix



Vanilla 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

	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

*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.

*Nutritional information is based on 4 servings.

Allergens

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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!

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