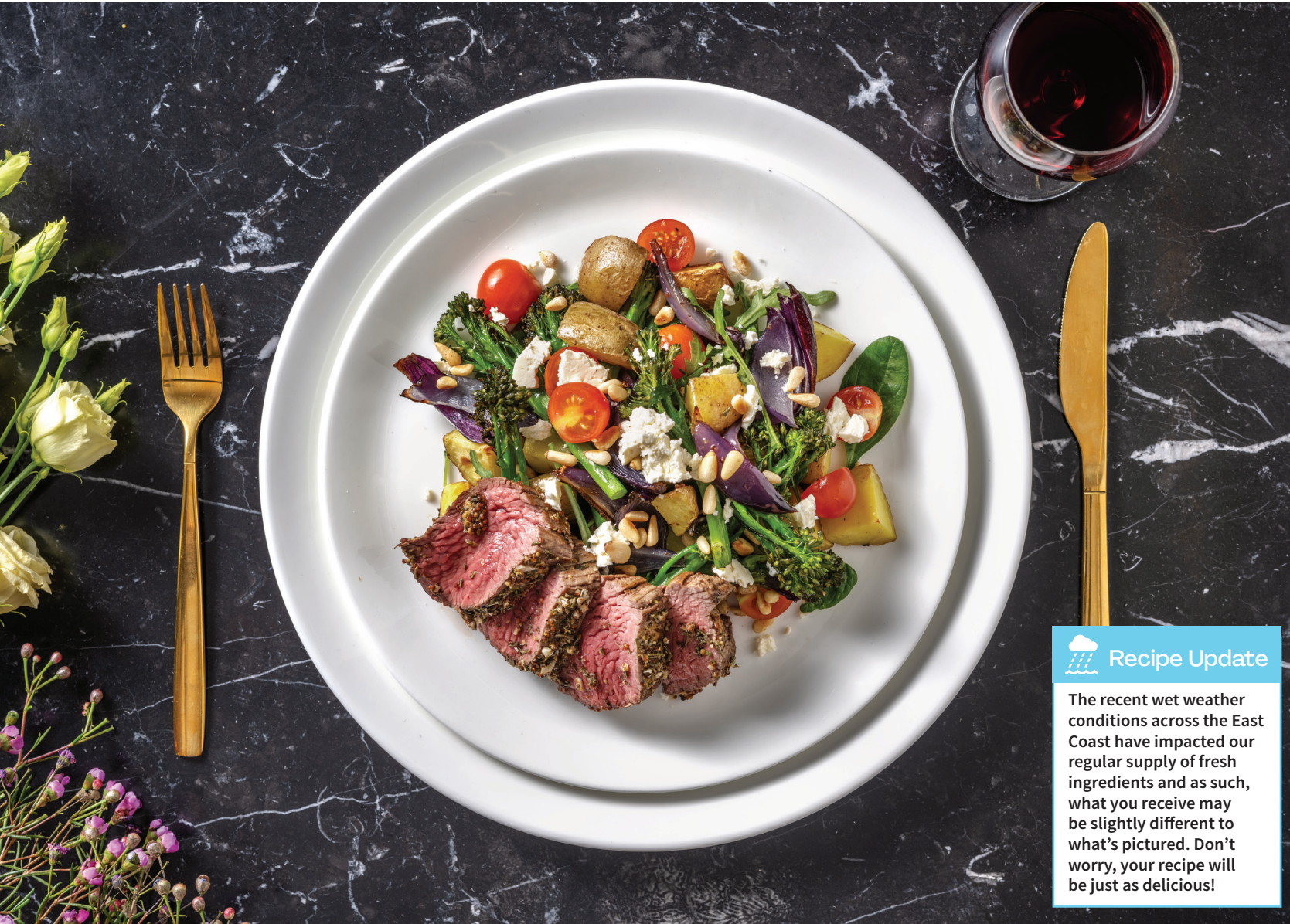

















Herby Sirloin Tip & Baby Broccoli Salad

with Roast Sweet Potato, Fetta & Olives

Grab your Meal Kit with this symbol




- 
Sweet Potato
- 
Red Onion
- 
Baby Broccoli
- 
Rosemary
- 
Garlic
- 
Premium Sirloin Tip
- 
Dijon Mustard
- 
Cherry/Snacking Tomatoes
- 
Kalamata Olives
- 
Parsley
- 
Salad Leaves
- 
Balsamic Glaze
- 
Pine Nuts
- 
Fetta Cubes

 **Recipe Update**

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **25-35 mins**
 Ready in: **45-55 mins**
 Naturally **Gluten-Free**
Not suitable for coeliacs

 **Calorie Smart**

Cooking a gourmet meal doesn't take hours or fancy equipment - the key is to start with great ingredients. Whip up this tender sirloin steak with a tasty herby coating, plus a textural treat of a salad and you'll be calling yourself a gourmet chef in no time!

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

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
red onion	1	2
baby broccoli	1 bunch	2 bunches
rosemary	2 sticks	4 sticks
garlic	2 cloves	4 cloves
premium sirloin tip	1 small packet	1 large packet
Dijon mustard	1 packet (15g)	2 packets (30g)
cherry/snacking tomatoes	1 punnet	2 punnets
kalamata olives	1 packet	2 packets
parsley	1 bag	1 bag
salad leaves	1 small bag	1 medium bag
balsamic glaze	drizzle	drizzle
pine nuts	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2531kJ (605Cal)	351kJ (84Cal)
Protein (g)	46.7g	6.5g
Fat, total (g)	24.8g	3.4g
- saturated (g)	6.8g	0.9g
Carbohydrate (g)	42.9g	5.9g
- sugars (g)	16.7g	5.9g
Sodium (mg)	973mg	135mg

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 Merlot



Roast the veggies

Preheat the oven to **220°C/200°C fan forced**. Cut the **sweet potato** into bite-sized chunks. Cut the **red onion** into wedges. Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast for **25-30 minutes**.



Cook the baby broccoli

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli**, tossing, until tender, **5-6 minutes**. Remove from the heat, then season.



Get prepped

While the veggies are roasting, trim the ends of the **baby broccoli** and slice in half lengthways. Pick and finely chop the **rosemary**. Finely chop the **garlic**. In a small bowl, combine the **rosemary**, **garlic** and a generous pinch of **salt** and **pepper**. Pat the **premium sirloin tip** dry with paper towel, then drizzle with **olive oil** and season with **salt** and **pepper**.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Make the salad

Halve the **cherry tomatoes**. Roughly chop the **kalamata olives** and **parsley**. In a medium bowl, combine the **salad leaves**, **tomatoes**, **olives** and **parsley**. Just before serving, drizzle with **olive oil**, then add the slightly cooled **baby broccoli** and roasted **veggies**. Gently toss to combine.



Cook the sirloin

See '**Top Steak Tips!**' (**bottom left**). In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add the **premium sirloin tip** and sear until browned, **1 minute** on all sides. Transfer to a lined oven tray. Spread the top of the **steak** with the **Dijon mustard**, then sprinkle with the **garlic-rosemary mixture**, pressing to coat. Roast for **17-22 minutes** for medium, 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!



Serve up

Slice the herby sirloin tip. Divide the sirloin and baby broccoli salad between plates, spooning any resting juices over the sirloin. Drizzle the **balsamic glaze** over the salad. Sprinkle with the **pine nuts** and crumble over the **fetta cubes** to serve.

Enjoy!

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 5 minutes before slicing.