



# Premium Sirloin & Balsamic Mushrooms

with Thyme-Roasted Carrots & Baby Broccoli



Baby Carrots



Baby Broccoli



Thyme



Premium Sirloin Tip



Garlic



Sliced Mushrooms



Pear



Rocket Leaves



Grated Parmesan Cheese



Slivered Almonds

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**

Eat Me Early

Naturally Gluten-Free  
 Not suitable for coeliacs

Calorie Smart

To accompany your top-notch steak, we've got tender mushrooms cooked with garlic and butter, plus elegant roasted veggies and a salad that's the perfect balance of sweet, sharp and peppery. Get ready to serve up a feast!

*Unfortunately, this week's shaved Parmesan was in short supply, so we've replaced it with grated Parmesan. Don't worry, the recipe will be just as delicious!*

**Pantry items**  
 Olive Oil, Butter, Balsamic Vinegar

## 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
baby carrots	1 bag	2 bags
baby broccoli	1 bunch	2 bunches
thyme	1 bag	1 bag
premium sirloin tip	1 small packet	1 large packet
garlic	2 cloves	4 cloves
butter*	20g	40g
sliced mushrooms	1 medium packet (150g)	1 large packet (300g)
balsamic vinegar*	1 tbs	2 tbs
pear	1	2
rocket leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
slivered almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2194kJ (524Cal)	431kJ (103Cal)
Protein (g)	44.7g	8.8g
Fat, total (g)	30.4g	6g
- saturated (g)	11.1g	2.2g
Carbohydrate (g)	16.8g	3.3g
- sugars (g)	9.4g	1.8g
Sodium (mg)	284mg	56mg

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](https://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 Shiraz or Merlot.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby carrots** and scrub them clean. Spread the **carrots** out on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast for **20 minutes**. Meanwhile, halve the **baby broccoli** lengthways. Pick the **thyme** leaves. After the carrots have been roasting for **20 minutes**, remove the tray from the oven and add the **baby broccoli** and **thyme**. Toss to coat, then spread out evenly and roast until tender, **5-7 minutes**.



## Cook the mushrooms

Return the frying pan to a medium-high heat. Add a drizzle of **olive oil** and the **butter**. Once the butter has melted, add the **garlic** and **sliced mushrooms** and cook, stirring often, until browned, **3-4 minutes**. Add the **balsamic vinegar** and cook, stirring, until coated, **1-2 minutes**. Season to taste.

**TIP:** Stir through the steak resting juices for extra flavour!



## Cook the sirloin

See 'Top Steak Tips' (bottom left)! After prepping the broccoli and thyme, heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **premium sirloin tip** all over. When the oil is hot, add the **sirloin** to the pan. Sear until browned, **1 minute** on all sides. Transfer to a second lined oven tray and roast for **17-20 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!



## Make the salad

Thinly slice the **pear**. Place in a large bowl, then combine with the **rocket leaves**. Drizzle with **balsamic vinegar** and **olive oil**. Season, then toss to coat. Top with the **grated Parmesan cheese**.



## Get prepped

While the sirloin is roasting, finely chop the **garlic**.



## Serve up

Slice the premium sirloin tip. Divide the sirloin between plates. Spoon over the balsamic mushrooms, then sprinkle with the **slivered almonds**. Serve with the thyme-roasted carrots and baby broccoli and the pear-Parmesan salad.

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.