



Premium Sirloin Steak & Tarragon Sauce

with Parmesan Mash & Garlicky Greens

Grab your Meal Kit with this symbol



Potato



Asparagus



Green Beans



Eschalot



Garlic



Tarragon



Premium Sirloin Tip



Grated Parmesan Cheese



Chicken-Style Stock Powder

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

Make a flavour-packed sauce to drizzle over a tender cut of premium sirloin tip using eschalot – a sweeter and more delicate type of onion – plus tarragon and garlic. Then, finish off your gourmet creation with creamy mash and crisp, vibrant greens.

Pantry items

Olive Oil, Butter, Milk

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

Medium saucepan with a lid · 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
asparagus	1 bunch	2 bunches
green beans	1 medium bag	1 large bag
eschalot	1	2
garlic	2 cloves	4 cloves
tarragon	1 bag	1 bag
premium sirloin tip	1 small packet	1 large packet
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
water*	½ cup	1 cup
chicken-style stock powder	1 medium sachet	1 large sachet
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3106kJ (742Cal)	466kJ (111Cal)
Protein (g)	50.8g	7.6g
Fat, total (g)	42.9g	6.4g
- saturated (g)	24.3g	3.6g
Carbohydrate (g)	35g	5.2g
- sugars (g)	7.6g	1.1g
Sodium (mg)	986mg	148mg

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 Shiraz or Pinot Noir.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Trim the ends off the **asparagus**. Trim the **green beans**. Finely chop the **eschalot**. Finely chop the **garlic**. Pick and finely chop the **tarragon** leaves to get 1 tsp for 2 people / 2 tsp for 4 people.

TIP: Tarragon has a mild aniseed flavour, use less if you're not a fan!



4 Cook the greens

While the potato is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **asparagus**, tossing, until starting to soften, **2 minutes**. Add the **green beans** and cook until just tender, **3-4 minutes**. Add 1/2 the **garlic** and cook until fragrant, **30 seconds**. Transfer to a plate and cover to keep warm.

TIP: The garlic can burn fast, so keep an eye on it!



2 Cook the steak

See '**Top Steak Tips!**' (**bottom left**). In a large frying pan, heat a drizzle of **olive oil** over a high heat. Season the **premium sirloin tip** all over with **salt** and **pepper**, then add to the hot pan. Sear until browned, **1 minute** on all sides. Transfer **steak** to a lined oven tray. Roast for **8-10 minutes** for medium or until cooked to your liking. Set aside to rest for **10 minutes**.

TIP: The steak will keep cooking as it rests!



5 Make the sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **eschalot** and remaining **garlic**, stirring, until fragrant, **1-2 minutes**. Add the **water**, any steak resting juices and **chicken-style stock powder**. Bring to the boil, then reduce the heat to medium and simmer for **2 minutes**. Whisk in the **butter (for the sauce)**. Remove from the heat, then stir in the **tarragon**.



3 Make the Parmesan mash

While the steak is cooking, cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter (for the mash)**, **milk** and **grated Parmesan cheese**. Mash until smooth. Cover to keep warm.



6 Serve up

Slice the sirloin steak. Divide the Parmesan mash and garlicky greens between plates. Top with the steak. Spoon over the tarragon sauce to serve.

Enjoy!

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