



Beef Sirloin & Garlic Butter

with Sweet Potato Mash & Truffle Mayo

STEAK NIGHT

KID FRIENDLY

Grab your Meal Kit with this symbol



Premium Sirloin Tip



Sweet Potato



Carrot



Kale



Garlic



Italian Truffle Mayonnaise

Prep in: 30-40 mins
Ready in: 35-45 mins

You don't have to wait for a special occasion to create this gourmet feast, because we're making tonight, steak night! Enjoy this delectable beef sirloin tip, whipped up in a flash and paired with a few staple sides (sweet potato mash and veggies to be precise). Steak night will quickly take the cake for best night of the week!

Pantry items

Olive Oil, Milk, Butter, Vinegar (White Wine or Red Wine), Honey

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

Large frying pan · Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
premium sirloin tip	1 small packet	1 large packet
sweet potato	2	4
carrot	1	2
kale	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
milk*	2 tbs	¼ cup
butter*	40g	80g
vinegar* (white wine or red wine)	1 tsp	2 tsp
honey*	1 tsp	2 tsp
Italian truffle mayonnaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2858kJ (683Cal)	527kJ (126Cal)
Protein (g)	37.6g	6.9g
Fat, total (g)	42.6g	7.9g
- saturated (g)	15.1g	2.8g
Carbohydrate (g)	37.7g	7g
- sugars (g)	20g	3.7g
Sodium (mg)	367mg	68mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the beef

- Preheat oven to **220°C/200°C fan-forced**.
- **See Top Steak Tips! (below)**. In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Season the **premium sirloin tip** with **salt** and **pepper** to your liking and add to hot pan. Sear for **1 minute** on both sides until browned.
- Transfer to a lined oven tray and 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**.

TIP: The meat will keep cooking as it rests!



Cook the veggies

- Meanwhile, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until tender, **5 minutes**.
- Add **kale** and half the **garlic** and cook, stirring, until slightly wilted and fragrant, **2 minutes**.
- Season to taste. Transfer to a medium bowl and cover to keep warm.

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.



Get prepped

- Bring a large saucepan of salted water to the boil.
- Peel **sweet potato** and cut into large chunks. Cut **carrot** into half-moons.
- Thinly slice **kale**, discarding stems. Finely chop **garlic**.

Little cooks: Under adult supervision, older kids can help peel the veggies!



Make the sauce

- Return frying pan to medium heat with remaining **butter** and a dash of **olive oil** (the oil prevents the butter from burning!).
- Cook remaining **garlic**, stirring, until fragrant, **1-2 minutes**.
- Add a splash of warm **water**, the **vinegar** and the **honey**. Stir to combine. Season to taste. Remove from heat.



Make the mash

- Cook **sweet potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain and return to pan. Add the **milk**, half the **butter** and a generous pinch of **salt**. Mash until smooth. Season with a pinch of **pepper**.
- Cover with a lid to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



Serve up

- Slice seared beef rump.
- Divide beef, sweet potato mash and veggies between plates.
- Spoon garlic butter over beef.
- Serve with **Italian truffle mayonnaise**. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate