




Seared Sirloin & Pesto Butter Sauce

with Roasted Sweet Potato & Salad

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Dried Oregano
-  Capsicum
-  Zucchini
-  Garlic
-  Eschalot
-  Lemon
-  Premium Fillet Steak
-  Basil Pesto
-  Rocket Leaves

-  Hands-on: **10-20 mins**
-  Naturally gluten-free
Not suitable for Coeliacs
-  Calorie Smart

You know you're in for a good night when the only thing standing between you and a classic pub bistro meal is a matter of minutes! With only the most tender sirloin cut, buttery pesto sauce and roasted veggies, you can't go wrong.

Pantry items
Olive Oil, Butter

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
dried oregano	1 sachet	2 sachets
capsicum	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
eschalot	1	2
lemon	½	1
premium fillet steak	1 packet	2 packets
butter*	10g	20g
basil pesto	1 packet (50g)	1 packet (100g)
rocket leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2163kJ (516Cal)	298kJ (71Cal)
Protein (g)	42.3g	5.8g
Fat, total (g)	18.9g	2.6g
- saturated (g)	6.8g	0.9g
Carbohydrate (g)	37.6g	5.2g
- sugars (g)	19.9g	2.7g
Sodium (mg)	144mg	20mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 5 minutes before slicing.



1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm rounds. Place the **sweet potato** and **dried oregano** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.



2. Roast the veggies

While the sweet potato is roasting, thinly slice the **capsicum** into strips. Thinly slice the **zucchini** into half-moons. Place the **capsicum** and **zucchini** on a second oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20 minutes**. Set aside to cool slightly.



3. Get prepped

Finely chop the **garlic** (or use a garlic press). Finely chop the **eschalot**. Slice the **lemon** (see **ingredients list**) into wedges.



4. Cook the sirloin

See Top Steak Tips (left) for extra info!

When the sweet potato has **10 minutes** left, heat a large frying pan over a high heat. **Drizzle** the **premium fillet steak** with **olive oil** and season with **salt** and **pepper** on both sides. When the **oil** is hot, add the **steak** to the pan and cook for **2 minutes** on each side for medium or until cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate and leave to rest for **5 minutes**.



5. Bring everything together

Return the frying pan to a low heat with a **drizzle** of **olive oil**. Add the **garlic**, **eschalot** and **butter** and cook, stirring, until softened, **2 minutes**. Remove the pan from the heat and stir through the pesto until well combined. Season to taste and pour in any **steak resting juices**. Set aside. Toss the **roasted veggies** and the **rocket** in a medium bowl. **Drizzle** with a little **olive oil** and a **squeeze** of **lemon juice**. Season to taste.



6. Serve up

Slice the sirloin steaks and divide between plates. Spoon over the pesto butter sauce. Serve with the salad, sweet potato and lemon wedges.

Enjoy!