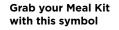


# **Seared Sirloin & Pesto Butter Sauce**

with Roasted Sweet Potato & Salad







**Sweet Potato** 



**Dried Oregano** 









**Eschalot** 



Lemon



**Premium Fillet** 



**Basil Pesto** 



**Rocket Leaves** 





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	1/2	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)

<sup>\*</sup>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 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!**