



# SIRLOIN STEAK & MISO BUTTER

WITH SESAME VEGGIES & CRISPY SHALLOT MASH




Make a sesame dressing



- |  |  |
|--|--|
| <br>Potato          | <br>Broccolini                    |
| <br>Asparagus       | <br>Yellow Beans                  |
| <br>Chives          | <br>Long Red Chilli<br>(Optional) |
| <br>Miso Paste      | <br>Crispy Shallots               |
| <br>Sesame Seeds  | <br>Japanese Dressing           |
| <br>Sirloin Steak | <br>Baby Spinach<br>Leaves      |

Hands-on: **20 mins**  
Ready in: **35 mins**

 Spicy (optional long red chilli)

Serve an elegant meal with a dash of Japanese flair. Umami- rich miso paste adds an unmistakable depth of flavour to a perfectly cooked steak while a toasted sesame dressing lifts quickly sauteed vegetables to brand new heights. Every bite of this easy steak dinner is simply sensational!

**Pantry Staples:** Olive Oil, Butter, Milk, Soy Sauce



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



## 1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the ends of the **broccolini**, **asparagus** and **yellow beans**, then chop into 3cm pieces. Finely chop the **chives**. Thinly slice the **long red chilli** (if using). In a medium bowl, combine the **miso paste** (see **ingredients list**) and **1/2** the **butter**. Season generously with **pepper** and mash with a fork to combine. Set aside.



## 4 COOK THE STEAK

Return the frying pan to a high heat. **Drizzle** the **sirloin steaks** with **olive oil** and season with **salt** on both sides. When the pan is hot, add the steaks to the pan and cook for **2 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate, top with the **miso butter** and set aside to rest.



## 2 MAKE THE MASHED POTATOES

Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **salt**, **milk** and **remaining butter** to the saucepan with the potato. Mash with a potato masher or fork until smooth and stir through the **crispy shallots**. Cover with a lid to keep warm.



## 5 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccolini**, **asparagus**, **yellow beans** and a **splash** of **water** and cook, tossing, until tender, **5-6 minutes**. Add the **baby spinach leaves** and stir through until just wilted. Add the **sesame dressing** and toss until well combined.



## 3 MAKE THE SESAME DRESSING

While the potatoes are cooking, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast until golden, **3-4 minutes**. Transfer to a pestle and mortar and grind the seeds to break them up into a coarse powder. **TIP:** *If you don't have a pestle and mortar, leave them whole.* Transfer to a medium bowl. Add the **Japanese dressing** and **soy sauce**. Mix well and set aside.



## 6 SERVE UP

Divide the sirloin steaks between plates and spoon over the resting juices. Serve with the mashed potato and sesame veggies. Garnish with the chives and the chilli (if using).

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
broccolini	1 bunch	2 bunches
asparagus	1 bunch	2 bunches
yellow beans	1 bag (100 g)	1 bag (200 g)
chives	1 bunch	1 bunch
long red chilli (optional)	1	2
miso paste	½ tub (20 g)	1 tub (40 g)
butter*	60g	120g
salt*	¼ tsp	½ tsp
milk*	2 tbs	4 tbs
crispy shallots	1 packet	2 packets
sesame seeds	2 sachets	4 sachets
Japanese dressing	1 tub (30 g)	2 tubs (60 g)
soy sauce*	2 tsp	1 tbs
sirloin steak	2 steaks	4 steaks
baby spinach leaves	1 bag (30 g)	1 bag (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3690kJ (882Cal)	517kJ (124Cal)
Protein (g)	52.7g	7.4g
Fat, total (g)	51.9g	7.3g
- saturated (g)	23.9g	3.4g
Carbohydrate (g)	48.5g	6.8g
- sugars (g)	12.5g	1.8g
Sodium (g)	1330mg	187mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

## PAIR THIS MEAL WITH

Cabernet  
or  
Merlot

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2019 | WK19

HelloFRESH