

Sirloin Steak & Herby Potatoes

with Orange, Rocket & Roast Almond Salad

STEAK NIGHT

Grab your meal kit
with this number

15



Potato



Rosemary



Sirloin Steak



Orange



Cucumber



Roasted Almonds



Rocket Leaves



Balsamic & Olive
Oil Dressing



Garlic Aioli

Prep in: 15-25 mins
Ready in: 35-45 mins

 Protein Rich

Steak night is a favourite in our house, what about yours? Tonight, tender sirloin steak is cooked just as you like it, with crispy rosemary roast potatoes and a citrusy salad on the side. You'll have a lineup at your front door once everyone gets a whiff of this one!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
rosemary	2	4
sirloin steak	1 medium packet	2 medium packets OR 1 large packet
orange	1	2
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
rocket leaves	1 medium packet	2 medium packets
balsamic & olive oil dressing	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2839kJ (678cal)	257kJ (61cal)
Protein (g)	46.3g	4.2g
Fat, total (g)	34g	3.1g
- saturated (g)	6g	0.5g
Carbohydrate (g)	48.8g	4.4g
- sugars (g)	30.7g	2.8g
Sodium (mg)	342mg	31mg
Dietary Fibre (g)	9.9g	0.9g

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Pick and finely chop **rosemary (see ingredients)**.
- Place **potato** and **rosemary** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



Make the salad

- Meanwhile, peel and thinly slice **orange** into wedges. Thinly slice **cucumber** into rounds. Roughly chop **roasted almonds**.
- In a large bowl, combine **orange, cucumber, rocket leaves** and **balsamic & olive oil dressing**. Season to taste.

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.

2



Cook the steak

- **See Top Steak Tips (below)!** In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When the oil is hot, cook **sirloin steak** for **5-6 minutes** each side for medium, or until cooked to your liking. Using tongs, hold **steak** upright and sear fat until golden, **1 minute**.
- Remove **steak** from pan and rest for **5 minutes**. Season with **salt**.

TIP: The meat will keep cooking as it rests!

4



Serve up

- Thinly slice steak.
- Divide sirloin steak, herby roast potatoes and orange salad between plates.
- Sprinkle roasted almonds over salad.
- Top with a dollop of **garlic aioli** to serve. Enjoy!

Rate your recipe

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