



# Smokey Sirloin Steak & Broccoli Salad

with Kumara Wedges & Onion Rings

STEAK NIGHT

Grab your meal kit with this number

21



Kumara



Garlic & Herb Seasoning



Broccoli



Onion



All-American Spice Blend



Sirloin Steak



Mixed Salad Leaves



Smokey Aioli

Prep in: 20-30 mins  
Ready in: 35-45 mins

Protein Rich

If you've been craving some good ol' pub classics like onion rings, a tender steak and fries, then put down your keys, there's no need to leave home! This sirloin is perfectly seasoned and cooked till juicy and tender, before being smothered in a sweet and tangy balsamic glaze. Steak night just became a weeknight staple!

### Pantry items

Olive Oil, Plain Flour, Brown Sugar, Balsamic Vinegar, White Wine Vinegar



## 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 · Two large frying pans

## Ingredients

|                            | 2 People        | 4 People                              |
|----------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>          | refer to method | refer to method                       |
| kumara                     | 2 (medium)      | 2 (large)                             |
| garlic & herb seasoning    | 1 medium sachet | 1 large sachet                        |
| broccoli                   | 1 head          | 2 heads                               |
| onion                      | 1               | 2                                     |
| All-American spice blend   | 1 medium sachet | 1 large sachet                        |
| sirloin steak              | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| <b>plain flour*</b>        | 2 tbs           | ¼ cup                                 |
| <b>brown sugar*</b>        | 1 tsp           | 2 tsp                                 |
| <b>balsamic vinegar*</b>   | 1 tbs           | 2 tbs                                 |
| mixed salad leaves         | 1 small packet  | 1 medium packet                       |
| <b>white wine vinegar*</b> | drizzle         | drizzle                               |
| smokey aioli               | 1 medium packet | 1 large packet                        |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 2921kJ (698cal) | 251kJ (60cal) |
| Protein (g)       | 48.8g           | 4.2g          |
| Fat, total (g)    | 25.8g           | 2.2g          |
| - saturated (g)   | 5.2g            | 0.4g          |
| Carbohydrate (g)  | 67.6g           | 5.8g          |
| - sugars (g)      | 19.3g           | 1.7g          |
| Sodium (mg)       | 1548mg          | 133.1mg       |
| Dietary Fibre (g) | 14.1g           | 1.2g          |

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](https://hellofresh.co.nz/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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



## Bake the kumara wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **kumara** into wedges and place on a lined oven tray.
- Sprinkle with **garlic & herb seasoning**, drizzle with **olive oil**, season with a pinch of **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Cook the steak

- Meanwhile, heat a second large frying pan over high heat.
- **See 'Top Steak Tips' (left)!** When oil is hot, cook **sirloin steak** for **5-6 minutes** on each side for medium or until cooked to your liking.
- Using tongs, hold **steak** upright and sear fat for **1 minute** or until golden.
- Add the **brown sugar** and **balsamic vinegar** and turn **steak** to coat.
- Remove **steak** from pan, top with **balsamic mixture**, cover and rest for **5 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



## Get prepped

- Meanwhile, chop **broccoli** (including stalk!) into small florets. Slice **onion** into 1cm-thick rounds, then separate into rings.
- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **sirloin steak**, turning to combine.
- In a medium bowl, combine the **plain flour** and a generous pinch of **salt** and **pepper**. Add **onion** and toss to coat.



## Toss the salad

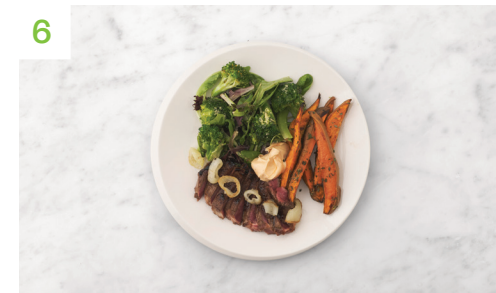
- Meanwhile, to the bowl with the **broccoli**, add **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli**, tossing until tender, **6-7 minutes**. Transfer to a large bowl.
- Return frying pan to a medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, shake off excess **flour** and cook **onion** (in batches), turning occasionally, until golden, **5-7 minutes**. Transfer to paper towel-lined plate.

**TIP:** Add a dash of water to the pan with the broccoli to help speed up the cooking process.



## Serve up

- Slice steak.
- Divide smokey sirloin steak, kumara wedges and broccoli salad between plates.
- Top steak with onion rings and serve with a dollop of **smokey aioli**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)