



Kiwi-Spiced Beef Sirloin & Onion Gravy

with Asparagus Rocket Salad & Herby Fries

STEAK NIGHT

KIWI FLAVOURS

Grab your meal kit with this number

21



Potato



Garlic & Herb Seasoning



Garlic



Asparagus



Onion



Sirloin Steak



Kiwi Spice Blend



Gravy Granules



Rocket Leaves

Prep in: 20-30 mins
Ready in: 45-55 mins



Protein Rich



Calorie Smart

Steak night just got a smokey twist, with our Kiwi spice blend amping up the flavour of this tender sirloin. It doesn't need fancy sides, fries and pan-fried asparagus will let your protein shine! We won't say no to a generous splash of onion gravy though - it's too good to resist.

Pantry items

Olive Oil, Balsamic 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
asparagus	1 bunch	2 bunches
onion	½	1
sirloin steak	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
rocket leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2128kJ (508Cal)	376kJ (89Cal)
Protein (g)	44.7g	7.9g
Fat, total (g)	14.3g	2.5g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	50g	8.8g
- sugars (g)	23.5g	4.2g
Sodium (mg)	1285mg	227mg
Dietary Fibre (g)	8.4g	1.5g

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.



Bake the fries

- See "**Top Steak Tips**" (below)!
- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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



Cook the steak

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- 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, cover and rest for **5 minutes**.

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

Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm. Let steak rest on a plate for 5 minutes before slicing.



Get prepped

- Meanwhile, finely chop **garlic**.
- Trim ends of **asparagus**.
- Thinly slice **onion** (see ingredients).
- In a medium bowl, combine **sirloin steak** and **Kiwi spice blend**, turning to coat.



Make the onion gravy

- Meanwhile, boil the kettle.
- Wipe out and return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **onion**, until tender, **4-5 minutes**.
- Add **garlic** and cook, until fragrant, **1 minute**.
- In a medium bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.
- Transfer **onion mixture** to the **gravy** and stir to combine.



Cook the asparagus

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **asparagus**, until tender, **4-5 minutes**. Season to taste. Transfer to a large bowl and set aside.



Serve up

- To the bowl with the asparagus, add **rocket leaves**, a drizzle of **balsamic vinegar** and olive oil. Toss to combine and season to taste.
- Slice steak.
- Divide Kiwi-spiced beef sirloin, asparagus rocket salad and herby fries between plates.
- Serve steak with onion gravy. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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