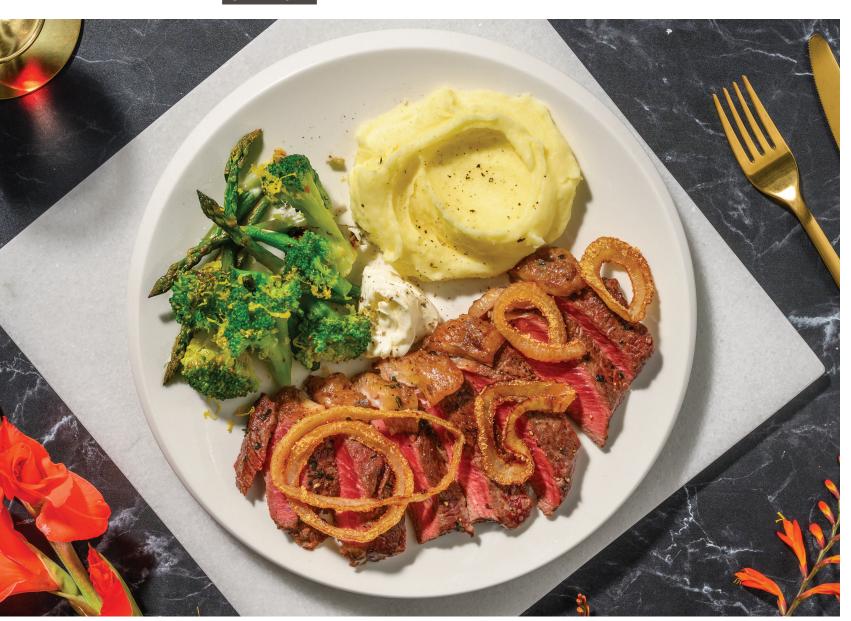
STEAK NIGHT



pairing it with a juicy sirloin steak and creamy mash, which is exactly what we're serving up tonight. Grab a fork and dig in.

















Cornflour

Sirloin Steak





Herb & Mushroom Seasoning

Garlic Aioli

## 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

Large saucepan · Medium frying pan · Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter* (for the mash)	40g	80g	
milk*	2 tbs	1/4 cup	
asparagus	1 bunch	2 bunches	
broccoli	1 head	2 heads	
lemon	1/2	1	
garlic	2 cloves	4 cloves	
onion	1/2	1	
cornflour	1 packet	2 packets	
sirloin steak	1 medium packet	2 medium packets OR 1 large packet	
herb & mushroom seasoning	1 sachet	2 sachets	
butter* (for the steak)	20g	40g	
garlic aioli	1 medium packet	1 large packet	
<b>.</b>			

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3676kJ (879cal)	279kJ (67cal)
Protein (g)	50.3g	3.8g
Fat, total (g)	50.6g	3.8g
- saturated (g)	21.6g	1.6g
Carbohydrate (g)	53.3g	4g
- sugars (g)	23.1g	1.8g
Sodium (mg)	730mg	55.4mg
Dietary Fibre (g)	12.8g	1g

The quantities provided above are averages only.

## Allergens

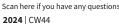
Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### **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.
- 4. 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





### Make the mash

- See 'Top Steak Tips' (below left)!
- · Boil the kettle. Half-fill a large saucepan with **boiling water**, then add a generous pinch of salt.
- · Peel potato and cut into large chunks.
- Cook potato in the boiling water over high heat until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Add the butter (for the mash) and milk to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



#### Cook the steak

- While onion rings are cooking, heat a large frying pan over over high heat with a drizzle of olive oil. Season sirloin steak on both sides.
- · When the oil is hot, cook steak for 2 minutes on each side for medium-rare or until cooked to your liking.
- Using tongs, sear fat for 30 seconds or until golden.
- Remove from heat and sprinkle over herb & mushroom seasoning, turning steak to coat.
- Transfer to a plate, top **steak** with the **butter** (for the steak), cover and rest for 5-8 minutes.



## Get prepped

- Meanwhile, trim ends of asparagus and halve. Chop broccoli (including stalk!) into small florets.
- Zest **lemon** to get a generous pinch, then slice into wedges. Finely chop garlic.
- Slice onion (see ingredients) into 1cm-thick rounds, then separate into rings.



# Make the onion rings

- In a medium bowl, combine **cornflour** and a generous pinch of salt and pepper. Add onion and toss to coat.
- In a medium frying pan, heat a generous drizzle of olive oil over medium-high heat.
- 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 and set aside.



# Cook the veggies

- While steak is resting, wipe out large frying pan and return to high heat with a drizzle of olive oil.
- · Cook broccoli and asparagus, tossing until tender, 5-6 minutes. Reduce heat to medium, and add garlic and cook until fragrant, 1 minute.
- · Add a generous squeeze of lemon juice and season to taste.

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



## Serve up

- · Thinly slice steak.
- Divide mash, herby sirloin steak and garlic lemon greens between plates. Sprinkle veggies with lemon zest.
- Spoon over steak resting juices.
- Top steak with onion rings. Serve with garlic aioli and any remaining lemon wedges. Enjoy!



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