

Sirloin Steak & Herby Potatoes

with Orange, Rocket & Roast Almond Salad

STEAK NIGHT

Grab your meal kit
with this number

21



Potato



Rosemary



Slivered Almonds



Sirloin Steak



Orange



Cucumber



Rocket Leaves



Balsamic & Olive
Oil Dressing



Garlic Aioli

Recipe Update

We've replaced the roasted almonds in this recipe with slivered almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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
slivered almonds	1 packet	2 packets
sirloin steak	1 medium packet	2 medium packets OR 1 large packet
orange	1	2
cucumber	1 (medium)	1 (large)
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)	2833kJ (677cal)	256kJ (61cal)
Protein (g)	45.9g	4.2g
Fat, total (g)	33.8g	3.1g
- saturated (g)	6g	0.5g
Carbohydrate (g)	49.2g	4.5g
- sugars (g)	30.6g	2.8g
Sodium (mg)	341mg	30.9mg
Dietary Fibre (g)	8.6g	0.8g

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 | CW46

1



Roast the potatoes

- **See Top Steak Tips (below)!** 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**.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**.

3



Make the salad

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

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.

2



Cook the steak

- Wipe out and return large frying pan to medium-high heat with a drizzle of **olive oil**.
- When 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 almonds over salad.
- Dollop with **garlic aioli** to serve. Enjoy!

Rate your recipe

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