

Sirloin Steak & Parmesan Roast Pumpkin

with Balsamic Courgette Salad

STEAK NIGHT

Grab your meal kit
with this number

21



Courgette



Peeled Pumpkin
Pieces



Kiwi Spice
Blend



Grated Parmesan
Cheese



Garlic



Sirloin Steak



Rocket



Balsamic & Olive
Oil Dressing

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Carb Smart

Get ready to sizzle with excitement because, that's right, it's steak night! Juicy, tender steak awaits, paired with cheesy roast pumpkin and a fresh, tangy salad to balance out the richness of the garlic butter sauce poured all over. What are you waiting for? Dig in!

Pantry items

Olive Oil, Butter

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
peeled pumpkin pieces	1 medium packet	2 medium packets
Kiwi spice blend	1 sachet	2 sachets
grated Parmesan cheese	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
sirloin steak	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
rocket	1 medium packet	2 medium packets
balsamic & olive oil dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2189kJ (523Cal)	405kJ (96Cal)
Protein (g)	45.4g	8.4g
Fat, total (g)	28.5g	5.3g
- saturated (g)	12.3g	2.3g
Carbohydrate (g)	20.7g	3.8g
- sugars (g)	13.2g	2.4g
Sodium (mg)	729mg	135mg
Dietary Fibre (g)	3.9g	0.7g

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.



Roast the courgette

- See '**Top Steak Tips!** (left)! Preheat oven to **220°C/200°C fan-forced**.
- Slice **courgette** into rounds.
- Place **courgette** on a lined oven tray. Season with **salt** and **pepper**, drizzle with **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.
- Allow to cool slightly.



Cook the beef

- When veggies have **10 minutes** remaining, heat a large frying pan with a drizzle of **olive oil** over high heat.
- When the oil is hot, cook **sirloin steaks** 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.
- Add the **butter** and **garlic** to the pan, and cook until fragrant, turning **steaks** to coat, **1 minute**.
- Transfer **steaks** and any remaining **butter sauce** to a plate, cover and rest for **5 minutes**. Season with **salt**.



Roast the pumpkin

- Meanwhile, place **peeled pumpkin pieces** on a second lined oven tray. Sprinkle with **Kiwi spice blend** and drizzle with **olive oil**, then toss to coat.
- Roast until tender, **20-25 minutes**.
- In the **last 5 minutes** of cook time, remove tray from oven and sprinkle **pumpkin** with **grated Parmesan cheese**. Bake until golden and crisp.



Toss the salad

- Once the courgette has cooled slightly, in a large bowl, combine **courgette**, **rocket** and **balsamic & olive oil dressing**. Season to taste.



Get prepped

- Meanwhile, thinly slice **garlic**.



Serve up

- Slice steak.
- Divide Parmesan roast pumpkin, balsamic courgette salad and seared sirloin steak between plates.
- Spoon any remaining butter sauce over the steak to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



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