



Herby Sirloin Steak & Mash

with Onion Rings & Garlic Lemon Greens

STEAK NIGHT

Grab your meal kit with this number

16



Potato



Green Beans



Broccoli



Lemon



Garlic



Onion



Cornflour



Sirloin Steak



Herb & Mushroom Seasoning



Garlic Aioli

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



Protein Rich



Carb Smart

Did someone say onion rings? Crispy rings of golden goodness, it doesn't get much better than that! Unless, of course, you're 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.

Pantry items

Olive Oil, Butter, Milk

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
green beans	1 small packet	1 medium packet
broccoli	1 head	2 heads
lemon	½	1
garlic	2 cloves	4 cloves
onion	½	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3658kJ (874cal)	492kJ (66cal)
Protein (g)	50.3g	6.8g
Fat, total (g)	49.7g	6.7g
- saturated (g)	21.5g	2.9g
Carbohydrate (g)	53.3g	7.2g
- sugars (g)	7g	0.9g
Sodium (mg)	721mg	97mg
Dietary Fibre (g)	14.5g	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 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

2025 | CW03



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 the 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 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, then sprinkle over **herb & mushroom seasoning**, turning **steak** to coat.
- Transfer to a plate, then top steak with the **butter (for the steak)**, cover and rest.



Get prepped

- Meanwhile, trim and halve **green beans**.
- Cut **broccoli** 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.



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 **green beans**, tossing, until tender, **5-6 minutes**. Reduce heat to medium, then 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.



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.



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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