

# Nan's Chargrilled Sirloin Steak & Avocado-Rocket Salad with Creamy Mustard Potatoes

Grab your Meal Kit  
with this symbol



Potato



Tomato



Red Onion



Lemon



Garlic



Nan's Special  
Seasoning



Sirloin Steak



Wholegrain Mustard



Sour Cream



Avocado



Rocket Leaves



Chives

 Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Nothing beats a good chargrilled steak. Paired with a peppery avocado-rocket salad and mustardy potatoes, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

### Pantry items

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

BBQ · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
tomato	1	2
red onion	1 (medium)	1 (large)
lemon	1	2
garlic	2 cloves	4 cloves
Nan's special seasoning	1 sachet	1 sachet
sirloin steak	1 packet	1 packet
butter*	20g	40g
wholegrain mustard	½ packet (20g)	1 packet (40g)
sour cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
avocado	1	2
rocket leaves	1 bag (30g)	1 bag (60g)
chives	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3771kJ (901Cal)	515kJ (123Cal)
Protein (g)	49.8g	6.8g
Fat, total (g)	58.1g	7.9g
- saturated (g)	22.4g	3.1g
Carbohydrate (g)	40.4g	5.5g
- sugars (g)	11.3g	1.5g
Sodium (mg)	1026mg	140mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the potato

Preheat the BBQ to a high heat. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cook the **potato** in the boiling water until soft when pierced with a knife, **10-12 minutes**. Drain and set aside.



## Finish the potato

While the steak is resting, return the empty saucepan to a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Remove from the heat. Return the **potato** to the pan, then add the **lemon zest**, **wholegrain mustard** (see ingredients), **sour cream** and the **salt**. Season with **pepper**. Toss to combine.



## Get prepped

While the potato is cooking, thinly slice the **tomato** into wedges. Thinly slice the **red onion**. Zest the **lemon** to get a pinch, then slice in half. Finely chop the **garlic**. In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add the **sirloin steak** and toss to coat.



## Make the salad

Scoop out the **avocado** flesh, then thinly slice. In a medium bowl, add a good squeeze of the charred **lemon juice** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **rocket leaves**, **tomato** and **avocado**. Toss to combine and season to taste. Slice any remaining charred **lemon** into wedges.



## Grill the steak

When the BBQ is hot, add the **lemon**, cut side down, and grill until charred, **4-6 minutes**. Meanwhile, grill the **steak** for **2-3 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat until golden, **30 seconds**. Transfer to a plate and leave to rest for **5 minutes**.

**No BBQ?** Use fresh lemon cut into wedges. Heat a large frying pan over high heat with a drizzle of olive oil. When the oil is hot, cook the steak for 2-3 minutes or until cooked to your liking. Using tongs, sear the fat until golden, 30 seconds. Transfer to a plate and leave to rest for 5 minutes.



## Serve up

Finely chop the **chives**. Slice the chargrilled steak. Sprinkle the chives over the steak and potatoes. Bring everything to the table to serve. Help yourself to some steak, avocado-rocket salad, creamy mustard potatoes and any remaining charred lemon wedges.

## Enjoy!