



21 Day Aged Sirloin Steak and Béarnaise Sauce with Rosemary Chips and Pea Shoot Salad

32

Steak Night 35-40 Minutes



21 Day Aged Sirloin Steaks



Dried Rosemary



Potatoes



Tarragon



Medium Tomato



Hollandaise Sauce



Pea Shoots



French Dressing

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, aluminium foil, saucepan and bowl.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged Sirloin Steaks**	2	3	4
Dried Rosemary	1 sachet	2 sachets	2 sachets
Potatoes	450g	700g	900g
Tarragon**	1 bunch	1 bunch	1 bunch
Medium Tomato	1	2	3
Hollandaise Sauce (7) (8) (9)	100g	150g	200g
Pea Shoots**	40g	60g	80g
French Dressing (9)	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2812 /672	513 /123
Fat (g)	33.5	6.1
Sat. Fat (g)	11.9	2.2
Carbohydrate (g)	51.6	9.4
Sugars (g)	6.3	1.2
Protein (g)	45.1	8.2
Salt (g)	1.03	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk (8) Egg (9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **steaks** from your fridge to allow them to come up to room temperature.

Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).



Chip, Chip, Hooray

Pop the **chips** on a large baking tray. Drizzle with **oil**, sprinkle over the **dried rosemary** and season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Finish the Prep

Meanwhile, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).

Cut the **tomato** into 1cm pieces.



Fry your Steaks

When the **chips** have about 10 mins left, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.

Once hot, lay the **steaks** into the pan and fry until browned, 1 min on each side. Lower the heat slightly and cook for another 1-2 mins on each side if you want them medium-rare. **TIP:** Cook for 1-2 mins more if you like it more well done.

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.



Bring on the Béarnaise

While the **steaks** rest, pop the **hollandaise** in a small saucepan along with the **tarragon**.

Gently heat on medium heat, stirring occasionally, until piping hot, 1-2 mins - this is your **Béarnaise sauce**. Add a splash of **water** if it has thickened too much.

Just before you're ready to serve, add the **pea shoots**, **tomatoes** and **French dressing** to a medium bowl. Toss to dress the **salad**.



Finish and Serve

When everything's ready, thinly slice your **steaks** widthways and arrange on one side of your plates. Spoon over the **Béarnaise sauce**.

Serve with the **rosemary chips** and **pea shoot salad** alongside.

Enjoy!