



Father's Day Sirloin Steak and Handcut Rosemary Chips

with Garlic & Rosemary Butter and Garlicky Green Beans

32

Steak Night 35-40 Minutes • 1 of your 5 a day



Unsalted Butter



21 Day Aged
British Sirloin Steaks



Rosemary



Potatoes



Garlic Clove



Green Beans

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, aluminium foil, garlic press, frying pan, lid, bowl and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Unsalted Butter** 7)	20g	30g	40g
21 Day Aged British Sirloin Steaks**	2	3	4
Rosemary**	1 bunch	1 bunch	1 bunch
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	498g 2527 /604	100g 507 /121
Fat (g)	27.7	5.6
Sat. Fat (g)	13.5	2.7
Carbohydrate (g)	48.4	9.7
Sugars (g)	4.4	0.9
Protein (g)	44.2	8.9
Salt (g)	0.29	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

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

Remove the **butter** and **steaks** from the 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).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt**, **pepper** and **half the rosemary**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**



Make your Garlic Butter

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Pop the **mashed garlic** into a small bowl with the **butter** and remaining **rosemary**. Season with **salt** and **pepper**, mix well, then set your **garlic butter** aside.



Cook the Chips and Garlic

Pop **half the garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add the **garlic parcel** to the chip tray.

When the oven is hot, roast the **chips** on the top shelf until golden, 25-30 mins.

Turn the **chips** halfway through, then remove the **garlic parcel** and set aside to cool. Return the **chips** to the top shelf to cook for the remaining 12-15 mins.

Meanwhile, peel and grate the remaining **garlic** (or use a garlic press). Trim the **green beans**.



Fry the Steaks

Pop the (now empty) frying pan back on high heat with a drizzle of **oil**. Season the **steaks** with **salt** and **pepper**.

Once hot, lay the **steaks** in 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 cooked.**

Once cooked, transfer the **steaks** to a plate. Spoon over the **garlic butter**, cover with foil and allow to rest for a couple of mins. **IMPORTANT: Wash your hands and equipment after handling raw steaks. They're safe to eat when the outside is browned.**



Bring on the Beans

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **grated garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins, then transfer to a bowl and cover to keep warm.



Finish and Serve

Once rested, thinly slice the **steaks** and transfer to your plates. Spoon over any **buttery juices** from the resting plate.

Serve with the **rosemary chips** and **garlicky green beans** alongside.

Enjoy!