



21 Day Aged Sirloin Steak and Roast Potatoes with Garlic, Tarragon & Mustard Butter and Roasted Carrots

32

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



21 Day Aged
British Sirloin Steaks



Unsalted Butter



Potatoes



Dried Rosemary



Carrot



Garlic Clove



Tarragon



Wholegrain Mustard

Pantry Items

Oil, Salt, Pepper, Plain Flour, Sugar

Before you start

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

Cooking tools

Kettle, baking tray, saucepan, colander, aluminium foil, kitchen scissors and frying pan.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Sirloin Steaks**	2	3	4
Unsalted Butter** 7)	20g	30g	40g
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	2 sachets	2 sachets
Carrot**	3	4	6
Garlic Clove**	1	2	2
Tarragon**	1 bunch	1 bunch	1 bunch
Wholegrain Mustard 9)	8g	12g	17g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	594g	100g
	2770 /662	466 /111
Fat (g)	28.8	4.8
Sat. Fat (g)	13.6	2.3
Carbohydrate (g)	61.3	10.3
Sugars (g)	13.6	2.3
Protein (g)	44.8	7.5
Salt (g)	0.59	0.10

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

Allergens

7) Milk 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, 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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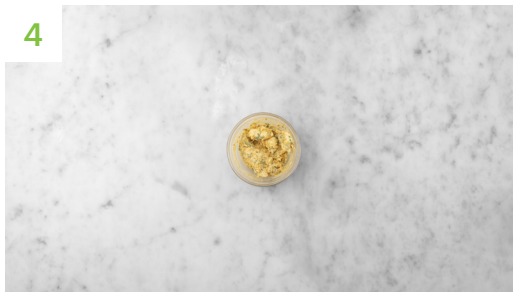
Get Prepping

Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle.

Remove the **steaks** and **butter** from your fridge to allow them to come up to room temperature. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven.

Pour the **boiled water** into a large saucepan on high heat with ½ **tsp salt**. Peel and chop the **potatoes** into 3cm chunks.

Add the **potatoes** to the pan of **boiling water** and boil for 5-6 mins or until the edges are soft.



Make your Tarragon Butter

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

Pop the **butter**, **tarragon** and **mustard** into a small bowl. Season with **salt** and **pepper** and mash together with the back of a fork until combined.

Once the **garlic** is roasted and cooled, cut the end with scissors, squeeze it out of its skin and into the bowl of **tarragon butter**. Mash again until well combined.



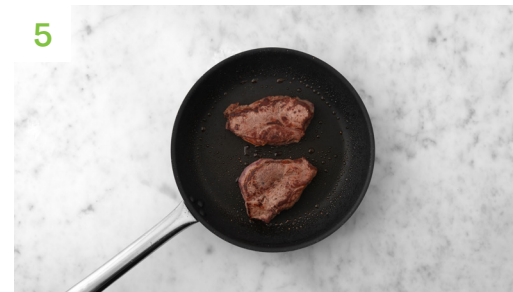
Roast the Potatoes

Once the **potatoes** are ready, drain in a colander and sprinkle on the **flour** (see pantry for amount) and **half the rosemary**.

Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the top shelf until golden, 30-35 mins.

While the **potatoes** cook, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Cook the Steaks

When about 10 mins of roasting time remain, 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.

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



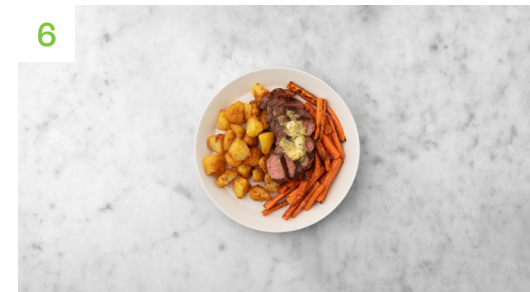
Add the Carrots

Pop the **carrots** onto another baking tray. Drizzle with **oil**, then sprinkle with the **sugar** (see pantry for amount) and remaining **rosemary**. Season with **salt** and **pepper**, toss to coat, then spread out in a single layer.

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

When the **potatoes** have roasted for 5-10 mins, pop the **garlic parcel** onto the **carrot** tray and roast on the middle shelf of your oven until the **carrots** are tender, 20-25 mins.

Halfway through cooking, turn the **carrots** and **potatoes**. Remove the **garlic parcel** and set aside.



Serve

Once cooked, transfer the **steaks** to a plate and spread each with the **tarragon butter**. Cover with foil and allow to rest for a couple of mins.

When everything's ready, slice the **steaks** widthways into 1cm thick slices and transfer to your plates. Spoon over any **buttery juices** from the resting plate.

Serve with the **rosemary roast potatoes** and **carrots** alongside.

Enjoy!