



21 Day Aged Sirloin Steak and Béarnaise Butter

with Herby Mini Roast Potatoes and Tenderstem® Broccoli

32

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



21 Day Aged British Sirloin Steaks



Potatoes



Dried Oregano



Echalion Shallot



Tenderstem® Broccoli



Garlic Clove



Tarragon



Unsalted Butter

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, garlic press, saucepan, frying pan, aluminium foil and colander.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Sirloin Steaks**	2	3	4
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	1	2
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	1	1	1
Tarragon**	½ bunch	¾ bunch	1 bunch
Unsalted Butter** 7)	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	534g	100g
Energy (kJ/kcal)	2765/661	517/124
Fat (g)	31.9	6.0
Sat. Fat (g)	16.3	3.0
Carbohydrate (g)	51.7	9.7
Sugars (g)	6.8	1.3
Protein (g)	46.5	8.7
Salt (g)	0.30	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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Herby Potatoes

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.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **dried oregano**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry the Steaks

When the **potatoes** have 10 mins left, put a large saucepan of **water** with ¼ **tsp salt** on to boil for the **broccoli**.

Heat a drizzle of **oil** 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.



Get Prepped

Meanwhile, halve, peel and chop the **shallot** into small pieces. Halve any thick **broccoli stems** lengthways.

Peel and grate the **garlic** (or use a garlic press).

Pick the **tarragon leaves** from their stalks and roughly chop (see ingredients for amount, discard the stalks).



Bring on the Broccoli

Once cooked, transfer the **steaks** to a plate. Spread over the **Béarnaise butter**, cover loosely with foil and allow to rest for a couple of mins.

Meanwhile, add the **broccoli** to the pan of **boiling water** and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Drizzle with a little **oil** and season with **salt** and **pepper**.



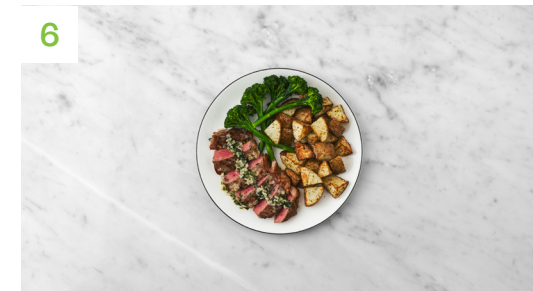
Make your Béarnaise Butter

Heat a drizzle of **oil** in a small saucepan on medium-high heat.

Once hot, add the **shallot** and cook, stirring, until softened, 3-4 mins.

Add the **garlic**, stir-fry for 1 min more, then transfer to a bowl and allow to cool.

Once cooled, add the **butter** to the **shallots** and mash with a fork to combine. Stir through the **tarragon**, then set your **Béarnaise butter** aside.



Slice and Serve

When everything's ready, cut the **steaks** widthways into 2cm slices. Transfer to your plates, spooning over any **melted buttery juices** from the plate.

Serve with the **herby potatoes** and **broccoli** alongside.

Enjoy!