



Korean Inspired Sirloin Steak Night

with Spicy Mayo, Sesame Tenderstem® and Roasted Potatoes

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Steak Night 35-40 Minutes • Mild Spice



Sirloin Steak



Potatoes



Roasted White Sesame Seeds



Red Chilli



Spring Onion



Mayonnaise



Sriracha



Ketjap Manis



Tenderstem® Broccoli

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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

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

Ingredients

Ingredients	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3)	5g	7g	10g
Red Chilli**	1	1	1
Spring Onion**	1	2	2
Mayonnaise 8) 9)	32g	64g	64g
Sriracha	15g	15g	30g
Ketjap Manis 11)	25g	50g	50g
Tenderstem®	80g	150g	150g
Broccoli**			

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2692 /643	527 /126
Fat (g)	29.1	5.7
Sat. Fat (g)	9.0	1.8
Carbohydrate (g)	55.3	10.8
Sugars (g)	14.6	2.9
Protein (g)	45.7	8.9
Salt (g)	1.82	0.36

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

Allergens

3) Sesame **8)** Egg **9)** Mustard **11)** Soya

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

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Roast the 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 on **half** the **sesame seeds**.

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 Steak

Wipe out your frying pan and pop back on high heat with a drizzle of **oil**. 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 for 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 the **chilli** lengthways, deseed, then thinly slice. Trim and thinly slice the **spring onion**.

In a small bowl, mix the **mayo** with **half** the **sriracha** (use less if you'd prefer things milder), then set your **sriracha mayo** aside.

In another small bowl, mix together the **ketjap manis**, remaining **sriracha**, **sugar** and **olive oil** (see pantry for both amounts) - this is your **glaze**.



Add the Glaze

When the **steaks** are almost cooked, pour in the **glaze** and cook for the last min, then remove from the heat.

Turn the **steaks** in the **glaze** to evenly coat them, then transfer to a plate.

Cover with foil and allow to rest for a couple of mins.



Bring on the Broccoli

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

Once hot, add the **broccoli**, **chilli** (add less if you'd prefer things milder) and remaining **sesame seeds**. Stir-fry for 3-4 mins.

Add a splash of **water**, then cover with a lid (or foil) and cook until tender, 2-3 mins more.

Season, then transfer to a bowl and cover to keep warm.



Slice and Serve

When rested, thinly slice the **steaks** widthways and transfer to your plates. Spoon over any remaining **glaze** from the pan.

Serve the **sesame broccoli** and **potatoes** alongside. Add a dollop of **spicy mayo** for dipping and sprinkle over the **spring onion** to finish.

Enjoy!