

Korean Inspired Sirloin Steak Night

with Spicy Mayo, Sesame Tenderstem® and Roasted Potatoes



Steak Night 35-40 Minutes • Mild Spice













Roasted White



Red Chilli

Sesame Seeds



Spring Onion



Mayonnaise







Ketjap Manis



Tenderstem® Broccoli

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® Broccoli**	80g	150g	150g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

^{*}Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	511g	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.

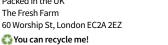
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Roast the Potatoes

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.



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.



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.



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.



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.



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!