



Sirloin Steak and Black Garlic Butter

with Spring Onion Mash and Mustard Dressed Pea Shoot Salad

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Premium 25-30 Minutes • Mild Spice



Sirloin Steak



Unsalted Butter



Potatoes



Spring Onion



Black Garlic Cloves



Chilli Flakes



Dijon Mustard



Red Wine Vinegar



Pea Shoots

Pantry Items
Olive Oil

Before you start

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

Cooking tools

Saucepan, bowl, whisk, frying pan, aluminium foil and colander.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Unsalted Butter**			
7)	30g	40g	60g
Potatoes	450g	700g	900g
Spring Onion**	1	2	2
Black Garlic Cloves	1 pot	2 pots	2 pots
Chilli Flakes	1 pinch	1 pinch	2 pinches
Dijon Mustard			
9) 14)	10g	15g	20g
Red Wine Vinegar			
14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Pea Shoots**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	471g	100g
Energy (kJ/kcal)	2893 /692	614 /147
Fat (g)	39.2	8.3
Sat. Fat (g)	16.9	3.6
Carbohydrate (g)	42.5	9.0
Sugars (g)	3.7	0.8
Protein (g)	44.0	9.3
Salt (g)	0.55	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 14) Sulphites

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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Boil the Potatoes

Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil for the **potatoes**.

Remove the **steaks** and **butter** from your fridge to allow them to come up to room temperature.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Fry your Steaks

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.

When the **oil** is 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.**



Prep Time

Meanwhile, trim and thinly slice the **spring onion**. Finely chop the **black garlic cloves**.

Add the **chopped black garlic** into a small bowl with the **butter** and mash with a fork until combined. Season with **salt** and a pinch of **chilli flakes** (careful, they're hot - add less if you don't like heat), then set the **garlic butter** aside.



Bring on the Garlic Butter

Once cooked, transfer the **steaks** to a plate and spoon over the **black garlic butter**. Cover loosely with foil and allow to rest for a couple of mins.

While the **steaks** rest, drain the cooked **potatoes** in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir through the **spring onion**.



Mix the Salad Dressing

In a medium bowl, combine the **Dijon mustard** and **red wine vinegar**, then gradually mix in the **olive oil for the dressing** (see ingredients for amount) with a fork or whisk until well combined. Season with **salt** and **pepper**, then set the **salad dressing** aside for now.



Finish and Serve

When ready to serve, slice the **steaks** widthways into 1cm slices.

Share the **mash** between your plates, then serve the **steak** alongside, spooning over the **melted black garlic butter**.

Toss the **pea shoots** in the **mustard dressing** and add to your plates. Sprinkle with remaining **chilli flakes** to finish.

Enjoy!