

Sirloin Steak and Peppercorn Sauce with Lyonnaise Potatoes

Steak Night 40-45 Minutes • 1 of your 5 a day



Sirloin Steak



Potatoes



Red Onion



Echalion Shallot



Flat Leaf Parsley



Cracked Black
Pepper



Cider Vinegar



Chicken Stock Paste



Creme Fraiche

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, frying pan, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes	450g	700g	900g
Red Onion**	1	1	2
Echalion Shallot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Cider Vinegar 14	15ml	15ml	30ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7	75g	99g	150g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2711 /648	486 /116
Fat (g)	31.8	5.7
Sat. Fat (g)	15.4	2.8
Carbohydrate (g)	51.1	9.2
Sugars (g)	9.4	1.7
Protein (g)	45.7	8.2
Salt (g)	1.46	0.26

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

Allergens

7) Milk **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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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 onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

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.



Make your Peppercorn Sauce

Return your (now empty) pan to medium heat with a drizzle of **oil**.

Once hot, add the **shallot** and stir until softened, 5 mins. Add the **cracked black pepper** and stir in the **cider vinegar**.

Allow the **vinegar** to bubble away, then stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount) and allow it to reduce for 3 mins.

Stir in the **creme fraiche**, then remove from the heat.



Caramelize the Onion

Meanwhile, halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **onion** and season with **salt**. Stir and cook until soft and caramelised, 15-20 mins. Stir occasionally and adjust the heat if necessary.

When soft, transfer to a bowl and cover to keep warm - you'll add it to the **potatoes** later.



Fry the Steak

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

Once hot, lay the **steaks** in the pan and brown for 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. They're safe to eat when the outside is browned.**

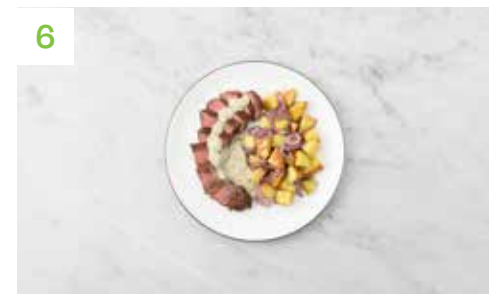
Once cooked, transfer to a plate, cover with foil and leave to rest for a few mins.



Get Prepped

Meanwhile, season the **steaks** with **salt** and **pepper**.

Halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all).



Finish and Serve

When ready, remove the **potatoes** from the oven and stir through the **caramelised red onion**. Keep warm in the oven while the **steaks** rest.

Reheat the **peppercorn sauce** on medium heat until piping hot. Stir through the **parsley**, then taste and season if needed.

Thinly slice each **steak** widthways, then serve with the **Lyonnais potatoes** alongside. Spoon over the **peppercorn sauce** to finish.

Enjoy!