



# Sirloin Steak and Red Wine Jus

with Dauphinoise Potatoes and Garlicky Green Beans

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Premium 40-45 Minutes • 1 of your 5 a day



Sirloin Steak



Potatoes



Green Beans



Red Onion



Garlic Clove



Creme Fraiche



Vegetable Stock Paste



Red Wine Jus Paste

## 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, garlic press, colander, ovenproof dish, frying pan, aluminium foil and lid.

## Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potatoes**	450g	700g	900g
Green Beans**	80g	150g	150g
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Reserved Potato Water*	75ml	100ml	150ml
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	15g	22g	30g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	591g	100g
Energy (kJ/kcal)	3265 /780	552 /132
Fat (g)	43	7
Sat. Fat (g)	22	4
Carbohydrate (g)	54	9
Sugars (g)	9	1
Protein (g)	47	8
Salt (g)	1.99	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 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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## Prep the Veg

Preheat your oven to 200°C. Remove the **steaks** from your fridge to allow them come up to room temperature. Bring a large saucepan of **water** with  $\frac{1}{2}$  tsp salt to the boil. Peel and slice the **potatoes** into 1cm thick rounds. Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins. Meanwhile, trim the **green beans**. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Once the **potatoes** are cooked, reserve some of the **potato cooking water** (see ingredients for amount), then carefully drain in a colander.

**TIP:** The potatoes are cooked when you can easily slip a knife through them.



## Cook the Green Beans

While the **steaks** fry, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



## Assemble the Dauphinoise

When the **potatoes** are cooked, heat a drizzle of **oil** in a large pan on medium heat. Add the **onion** and cook until softened, 5-6 mins, then add the **garlic** and cook until fragrant, 30 secs. Then add the **creme fraiche**, **vegetable stock paste** and **reserved potato water**. Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**. Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**. Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP:** Put the dish onto a baking tray to catch any drips.



## Sauce Time

While the **beans** cook, pour the **water for the sauce** (see ingredients for amount) into the (now empty) **steak** pan. Bring to the boil, then stir in the **red wine jus paste**. Reduce the heat slightly, then bubble away until the **sauce** has reduced by half, 5-6 mins. Add in the **steak resting juices** if you'd like, then bring back to the boil until piping hot. Once glossy and thickened, remove from the heat.



## Fry the Steaks

When 10 mins of **dauphinoise** cooking time remain, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When 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. Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.



## Serve

When everything is ready, slice the **steaks** widthways and transfer to your plates. Spoon the **red wine jus** over the **steaks**, then serve with the **dauphinoise potatoes** and **green beans** alongside.

## Enjoy!