



# Matured Sirloin Steak and Truffled Mash

with Tenderstem Broccoli

**PREMIUM** 35 Minutes



Garlic Clove



Butter



Potatoes



Chives



Sirloin Steak



Tenderstem Broccoli®



Truffle Zest

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Large Saucepan, Frying Pan, Colander and Potato Masher.

### Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Butter 7)**	30g	45g	60g
Potatoes**	1 small pack	1 large pack	2 small packs
Chives**	1 bunch	1 bunch	1 bunch
Sirloin Steak**	2	3	4
Tenderstem Broccoli***	1 small pack	1 large pack	2 small packs
Truffle Zest	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	504g	100g
Energy (kJ/kcal)	2605/623	517/124
Fat (g)	31	6
Sat. Fat (g)	16	3
Carbohydrate (g)	44	9
Sugars (g)	2	1
Protein (g)	45	9
Salt (g)	0.40	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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## 1. Start the Mash

Preheat your oven to 200°C. Peel the **garlic cloves** and pop into foil with a drizzle of **oil**, then, scrunch to enclose them. Roast on a baking tray in your oven for until soft, 10 mins. Take the **butter** out of the fridge to allow it to soften. Bring a large saucepan of water to the boil with ½ tsp of **salt** for the **potatoes**. Peel the **potatoes** and chop into 2cm chunks. Once the **water** in your pan is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



## 4. Cook the Broccoli

While the **steaks** rest, heat a drizzle of **oil** in a frying pan on high heat. Add the **broccoli**, season with **salt** and **pepper** and cook for 2 mins then add a splash of **water** and cover with a lid or some foil. Cook until tender, 3-4 mins more. Remove from the heat.



## 2. Butter Time

Meanwhile, finely slice the **chives** (or snip with scissors). Once softened, remove the **garlic** from the foil, discard the skin and mash with the back of a fork until smooth. Pop the **garlic** in a small bowl along with **half** the **chives**, season with **salt** and **pepper**. Use a fork to mix the **garlic** and **chives** into the **butter**. Set aside.



## 5. Make the Mash

Meanwhile, when the **potatoes** are ready, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have it), season with **salt** and **pepper** and mash until smooth. Stir through the remaining **chives**, remaining **roasted garlic** and the **truffle zest** until well combined.



## 3. Cook the Steak

When the **potatoes** have 5 mins left to cook, heat a drizzle of **oil** in a frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute 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 cooked more. IMPORTANT: The steak is safe to eat when the outside is browned.** Transfer to a plate and divide the **herby butter** between the **steaks**. Cover with foil and leave to rest for 6-8 mins while you cook the **broccoli** and finish the mash.



## 6. Serve

Divide the **mash** between plates, top with the **steaks** and add the **broccoli**.

**Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.