



Succulent Sirloin Steak and Creamy Peppercorn Sauce with Roasties and Creamed Spinach

Premium 45 Minutes • 1 of your 5 a day

32



Sirloin Steak



Red Onion



Potatoes



Echalion Shallot



Flat Leaf Parsley



Black Peppercorns



Garlic Clove



Cider Vinegar



Chicken Stock Paste



Creme Fraiche



Baby Spinach

10 YEARS

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Bowl, Rolling Pin, Garlic Press, Frying Pan, Plate and Aluminium Foil.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Red Onion**	1	1	2
Potatoes**	450g	700g	900g
Echalion Shallot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Black Peppercorns	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Crema Fraiche** 7)	150g	225g	300g
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	682g	100g
Energy (kJ/kcal)	3055 /730	448 /107
Fat (g)	42	6
Sat. Fat (g)	19	3
Carbohydrate (g)	53	8
Sugars (g)	8	1
Protein (g)	48	7
Salt (g)	1.33	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Start the Potatoes

Preheat your oven to 200°C and remove the **steaks** from your fridge to allow them to come up to room temperature. Halve, peel and thinly slice the **red onion**. Chop the **potatoes** into 2cm chunks (no need to peel), then pop onto a large baking tray. Drizzle with **oil**, season with **salt** and spread out in a single layer. **TIP: Use two baking trays if necessary.** Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.



Fry the Steak

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 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 cooked.** Once cooked, transfer to a plate, cover with foil and allow to rest for a few mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.**



Prep the Rest

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion**, season with **salt** and **pepper** and fry until soft and sweet, 10-12 mins. When soft, transfer to a bowl and cover to keep warm. Meanwhile, halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Crush the **peppercorns**.



Cook the Spinach

Pop your pan back on medium heat and add the **spinach** and **garlic**. Season with **salt** and **pepper**, stir together and cook until wilted, 1-2 mins. Stir in the remaining **crema fraiche** and cook until piping hot. Taste and season again if needed, then remove the pan from the heat.



Make the Sauce

Return your (now empty) saucepan to medium heat and add a drizzle of **oil**. Add the **shallot** and stir until softened, 3-4 mins. Add the **crushed peppercorns** and stir in the **cider vinegar**. Allow the **vinegar** to bubble away. Stir in the **chicken stock paste** and **water for the sauce** (see ingredients for amount) and allow it to reduce until thickened, 2-3 mins. Stir in **half the crema fraiche**, then take off the heat and set aside.



Finish and Serve

When everything is ready, add any **steak resting juices** to the **sauce** and bring back to the boil. Stir through the **parsley**. Season to taste if needed. Stir the **onion** through the **roast potatoes** and share between your plates. Cut each **steak** thinly and place alongside the **potatoes**. Spoon the **sauce** over the **steak** and serve the **creamed spinach** alongside.

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.