



Irish Sirloin Steak and Twice-cooked Potatoes

with broccoli in pesto, walnut and balsamic dressing

Premium 35-40 mins

13



21 Day Aged Sirloin Steak



Green Pesto



Walnuts



Potatoes



Balsamic Vinegar



Broccoli

Pantry Items: Salt, Pepper, Oil, Flour, Water

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, pan with lid

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Green Pesto	1 sachet	2 sachets
Walnuts	20 g	40 g
Potatoes	3 units	6 units
Balsamic Vinegar	1 sachet	2 sachets
Broccoli	1 unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	591 g	100 g
Energy (kJ/kcal)	3154.7 kJ/ 754 kcal	533.8 kJ/ 127.6 kcal
Fat (g)	38.1 g	6.4 g
Sat. Fat (g)	9.3 g	1.6 g
Carbohydrate (g)	64.9 g	11 g
Sugars (g)	6.9 g	1.2 g
Protein (g)	38.9 g	6.6 g
Salt (g)	2.7 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



You can recycle me!



1 Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Boil a large pot of **salted water**.
- Coat the base of a baking tray with **oil** and pop into the oven to heat.
- Chop the **potatoes** into chunks (no need to peel).
- Cook in boiling **water** until parboiled, 6-8 mins. Drain in a colander. Toss with a pinch of **salt** and 1 tbsp **flour** (double for 4p).

TIP: *If you're in a hurry you can boil the water in your kettle.*



4 Cook the Broccoli

- Once the **potatoes** are in the oven, place a pan over medium heat with a drizzle of **oil**.
- Once hot, fry the **broccoli** for 2-3 mins, then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **broccoli** is tender, 4-5 mins.
- Set aside and cover to keep warm.



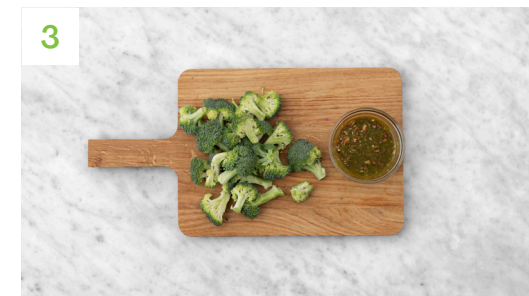
2 Roast the Potatoes

- Carefully remove the oiled tray from the oven.
- Add the parboiled **potatoes** and gently toss to coat in the **oil**. **IMPORTANT:** Take care not to splash yourself with the hot oil.
- Roast on the top shelf of the oven until golden, 15-20 mins. Turn halfway through.



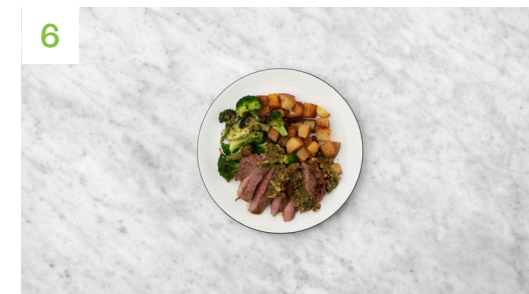
5 Sear the Sirloin Steak

- Wipe and return the pan to high heat with a drizzle of **oil**.
- Season the **sirloin** with **salt** and **pepper**.
- Once the pan is hot, fry the **sirloin** until browned, 1-2 mins each side for medium-rare.
- Cook for another 1-2 mins on each side if you want it more well-done. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when outside is browned.
- Once cooked, transfer to a board, cover and allow to rest.



3 Make the Balsamic Pesto

- Meanwhile, add the **pesto** to a bowl and stir in the **balsamic vinegar**.
- Chop the **walnuts**, add to the bowl and leave aside.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.



6 Finish and Serve

- Thinly slice the **steak** then plate with the **potatoes** and **broccoli** alongside.
- Finish off with the **pesto**, **walnut** and balsamic drizzle.

Enjoy!