



Irish Sirloin Steak in Mustard Sauce

with carrots, green beans and garlic potato wedges

Premium 35-40 mins

13



21 Day Aged Sirloin Steak



Potatoes



Green Beans



Garlic



Mustard



Apple Cider Vinegar



Aioli



Carrot

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



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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

Baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Potatoes	3 units	6 units
Green Beans	75 g	150 g
Garlic	3 units	6 units
Mustard	2 sachets	4 sachets
Apple Cider Vinegar	1 sachet	2 sachets
Aioli	1 sachet	2 sachets
Carrot	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	662 g	100 g
Energy (kJ/kcal)	3271.9 kJ/ 782 kcal	494.2 kJ/ 118.1 kcal
Fat (g)	37.3 g	5.6 g
Sat. Fat (g)	9.1 g	1.4 g
Carbohydrate (g)	81.9 g	12.4 g
Sugars (g)	12.3 g	1.9 g
Protein (g)	34 g	5.1 g
Salt (g)	3.1 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.

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Cook the Wedges

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wedges (peeling optional).
- Peel and grate the **garlic** (or use a garlic press).
- Pop the wedges onto a large (lined) baking tray. Drizzle with **oil**, toss with **garlic**, **salt** and **pepper**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Sear the Steak

- Wipe the pan and return to high heat with a drizzle of **oil**.
- Season the **sirloin** with **salt** and **pepper**.
- Once 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, remove from the pan, cover and allow to rest.



Get Prepped

- Meanwhile, trim the **carrot** then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Pop onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Spread out in a single layer then roast on the middle shelf of the oven until tender, 20-25 mins. Turn halfway through.



Make the Sauce

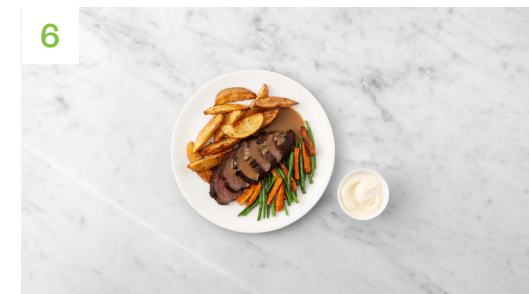
- Return the pan to medium-high heat with 2 tbsp **butter** (double for 4p).
- Add 50ml **water** (double for 4p) and **mustard** to the pan.
- Stir to form a sauce and season with **salt** and **pepper**. Simmer until reduced to desired thickness.
- In a small bowl, mix the **aioli** and **apple cider vinegar**. Season to taste with **salt** and **pepper**.

TIP: Add a splash of water to loosen the sauce if it becomes too thick.



Char the Green Beans

- Trim the **green beans**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans** and fry until starting to char, 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **green beans** are tender, 4-5 mins. Once cooked, remove from the pan and cover to keep warm.



Finish and Serve

- Thinly slice the **sirloin** and divide between plates.
- Next, plate up the **garlic** wedges, **carrots** and **green beans**.
- Drizzle the **mustard** sauce over the **steak**.
- Serve **aioli** alongside.

Enjoy!