



Balsamic Beef Sirloin

with velvety mash and baby spinach

Premium 35-40 mins

13



21 Day Aged Sirloin Steak



Balsamic Glaze



Greek Style Cheese



Garlic



Carrot



Potatoes



Breadcrumbs



Baby Spinach

Pantry Items: Salt, Pepper, Oil, Butter, Milk (Optional), Flour, Water



Rate your recipe!

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, colander, grater, peeler, pot with lid, potato masher

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Balsamic Glaze	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Garlic	1 unit	2 units
Carrot	2 units	4 units
Potatoes	3 units	6 units
Breadcrumbs	1 pack	1 pack
Baby Spinach	60 g	120 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	686 g	100 g
Energy (kJ/kcal)	3414.1 kJ/ 816 kcal	497.7 kJ/ 119 kcal
Fat (g)	33.9 g	4.9 g
Sat. Fat (g)	16.8 g	2.4 g
Carbohydrate (g)	89.6 g	13.1 g
Sugars (g)	14.2 g	2.1 g
Protein (g)	42.3 g	6.2 g
Salt (g)	3.7 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.

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

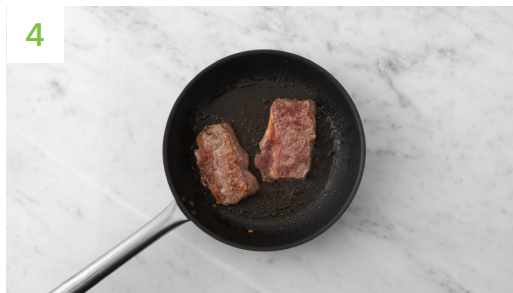


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Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **potatoes**.
- Peel and chop the **potatoes** into 2cm chunks.
- Add the **potatoes** to the boiling **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain the **potatoes** in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



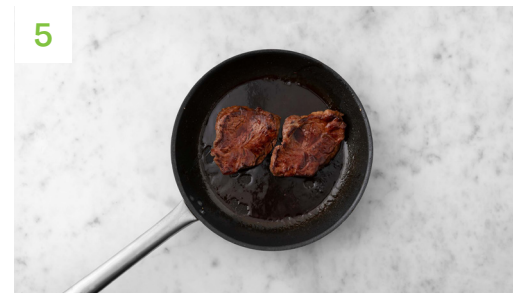
Sear the Sirloin

- Peel and grate the **garlic** (or use a garlic press).
- Season the **sirloin** with **salt** and **pepper**.
- Return the pan to high heat with a drizzle of **oil**.
- Fry the **sirloin** until browned, 1-2 mins each side for medium-rare. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.



Roast the Carrots

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



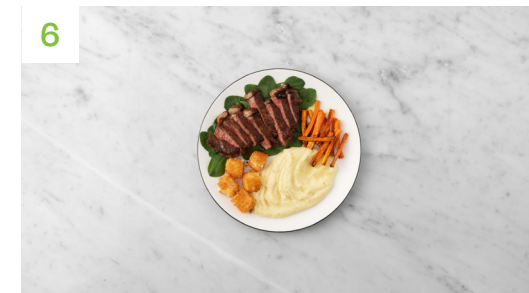
Glaze the Steaks

- Pop in the **garlic**, **balsamic glaze** and a knob of **butter**.
- Once **butter** is melted use a spoon to glaze the **steaks**.
- Cook for another 1-2 mins on each side if you'd like them more well-done.
- Once cooked, transfer to a board, cover and allow to rest, 1-2 mins. **IMPORTANT:** Meat is safe to eat when the outside is browned.
- Once rested, thinly slice.



Fry the Cheese

- Pop the **breadcrumbs** into a bowl.
- Cut the **Greek style cheese** into 2cm cubes.
- In another bowl, mix 1 tbsp **water** with 1 tsp **flour** (double both for 4p).
- Toss the **cheese** cubes through the **flour** and **water** mixture and then carefully toss in the **breadcrumbs**.
- Place a pan over medium-high heat with a drizzle of **oil**. Fry the **cheese** cubes for 5-7 mins. Turn occasionally until golden on all sides. Remove from the pan and cover to keep warm.



Finish and Serve

- Divide the **spinach** between plates and top with the sliced **steak**.
- Serve the velvety mash, fried **cheese** and tender **carrots** alongside.
- Drizzle any remaining sauce from the pan over the sliced **steak**.

Enjoy!