



Irish Sirloin Steak and Twice-cooked Potatoes

with broccoli in a pesto, walnut and balsamic dressing

Premium 35-40 mins

13



21 Day Aged Sirloin Steak



Green Pesto



Walnuts



Potatoes



Broccoli



Balsamic Glaze

Pantry Items: Salt, Pepper, Oil, Flour, 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

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
Broccoli	1 unit	1 unit
Balsamic Glaze	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	591 g	100 g
Energy (kJ/kcal)	3188.2 kJ/ 762 kcal	539.5 kJ/ 128.9 kcal
Fat (g)	38.1 g	6.4 g
Sat. Fat (g)	9.3 g	1.6 g
Carbohydrate (g)	71.5 g	12.1 g
Sugars (g)	9.3 g	1.6 g
Protein (g)	39.3 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.

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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.



Cook the Broccoli

- Return the pan to a high heat with a drizzle of **oil**.
- Once hot, fry the **broccoli** until starting to char, 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **broccoli** is tender, 4-5 mins.
- Remove from the pan and cover to keep warm.



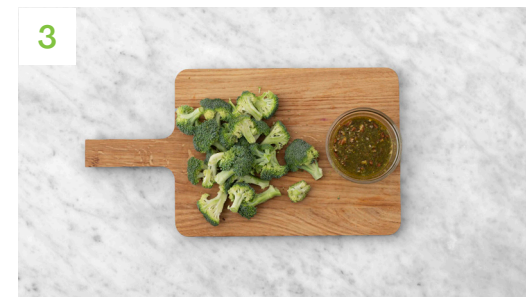
Roast the Potatoes

- 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.



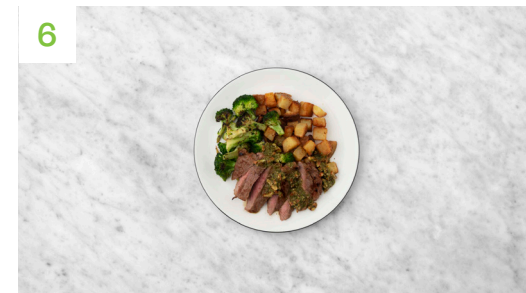
Sear the Sirloin Steak

- 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 from the pan, cover and allow to rest.



Make the Balsamic Pesto

- Meanwhile, place a pan over a medium-high heat (no oil).
- When hot, dry-fry the **walnuts** until toasted, stirring regularly, 1-2 mins. Remove from the pan and set aside.
- Once cooled, finely chop the **walnuts**.
- Add the **walnuts** to a bowl with the **pesto** and **balsamic glaze** and mix to combine.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.



Finish and Serve

- When everything's ready, thinly slice the **steak**.
- Plate up your **steak** with the **potatoes** and **broccoli** alongside.
- Finish off with the **pesto**, **walnut** and balsamic drizzle.

Enjoy!