



Irish Sirloin Steak in Miso Cream Sauce

with roast baby potatoes, green beans and carrot

Premium 35-40 mins

13



21 Day Aged Sirloin Steak



Miso Paste



Creme Fraiche



Baby Potatoes



Green Beans



Apple Cider Vinegar



Carrot

Pantry Items: Salt, Pepper, Oil, 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, pan with lid

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Miso Paste	1 sachet	2 sachets
Crème Fraîche	65 g	110 g
Baby Potatoes	500 g	1000 g
Green Beans	75 g	150 g
Apple Cider Vinegar	1 sachet	2 sachets
Carrot	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	662.5 g	100 g
Energy (kJ/kcal)	2677.8 kJ/ 640 kcal	404.2 kJ/ 96.6 kcal
Fat (g)	23.8 g	3.6 g
Sat. Fat (g)	12 g	1.8 g
Carbohydrate (g)	73.2 g	11 g
Sugars (g)	18.1 g	2.7 g
Protein (g)	38.4 g	5.8 g
Salt (g)	7.4 g	1.1 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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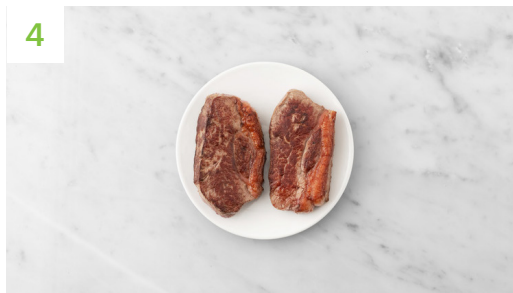


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Prep the Veg

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways (quarter any larger potatoes).
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.
- Trim the **green beans**.



Sear the Steak

- When 10 mins of cooking time remain for the **potatoes**, return the pan to high heat with a drizzle of **oil**.
- 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 the outside is browned.
- Once cooked, remove from the pan, cover and allow to rest.



Roast the Potatoes

- Pop the **baby potatoes** onto a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until tender, 25-35 mins.
- Turn halfway through cooking.

TIP: Use two baking trays if necessary.



Make the Miso Cream

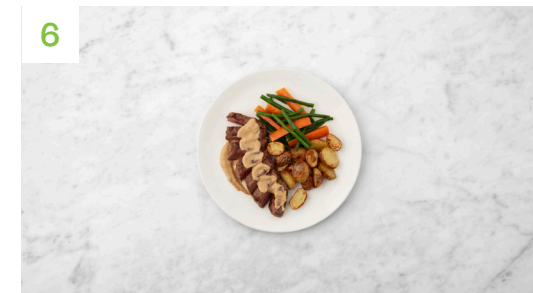
- Return the pan to medium heat and add the **apple cider vinegar**.
- Once evaporated, quickly stir in the **crème fraîche** and **miso paste**.
- Heat until thickened slightly, 2-3 min.
- Taste and season with **salt** and **pepper**, if desired.

TIP: Miso is quite salty so be sure to taste before seasoning your sauce!



Steam-fry the Veg

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** and **green beans** until starting to char, 2-3 mins.
- Lower heat to medium and cook for 1 min then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the veg is tender, 4-5 mins.
- Once cooked, remove from the pan and cover to keep warm.



Finish and Serve

- Thinly slice your **steak**.
- Serve the **sirloin** on plates with a spoonful of creamy **miso** sauce over the top.
- Plate the **green beans, carrot** and roasted **baby potatoes** alongside.

Enjoy!