



# Irish Sirloin Steak and Sofrito Potatoes

with Cajun spices and pan-fried broccoli

Premium 35 – 40 mins

13



21 Day Aged Sirloin Steak



Cajun Spice Mix



Bell Pepper



Garlic



Passata



Onion



Broccoli



Baby Potatoes

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



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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
Cajun Spice Mix	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Garlic	2 units	4 units
Passata	1 pack	2 packs
Onion	1 unit	2 units
Broccoli	1 unit	1 unit
Baby Potatoes	500 g	1000 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	751 g	100 g
Energy (kJ/kcal)	2427 kJ/ 580 kcal	323 kJ/ 77 kcal
Fat (g)	14.7 g	2 g
Sat. Fat (g)	6.5 g	0.9 g
Carbohydrate (g)	78.8 g	10.5 g
Sugars (g)	20.4 g	2.7 g
Protein (g)	37.5 g	5 g
Salt (g)	1.4 g	0.2 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

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



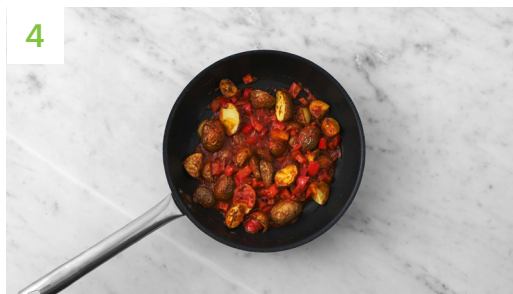
You can recycle me!



## Roast the potatoes

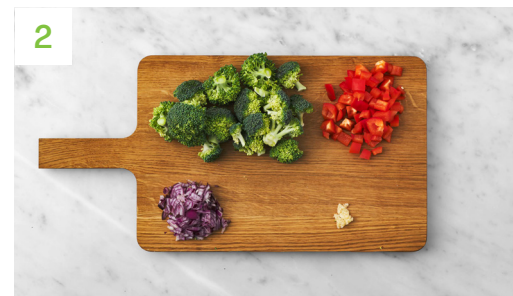
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways, quartering any larger pieces, and pop them onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

**TIP:** Use two baking trays if necessary.



## Make the Sofrito Potatoes

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **garlic**, **onion**, **pepper** and a pinch of **salt**. Cook until softened, stirring occasionally, 4-5 mins.
- Pour in the **passata** along with ¼ tsp **sugar** (double for 4p).
- Cook for 2-3 mins and season to taste with **salt** and **pepper**.
- Remove from the pan and reserve to toss with the **potatoes** once they're finished roasting. Give the pan a quick wipe.



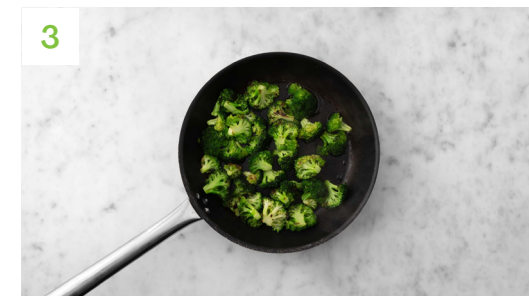
## Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm pieces.
- Trim the tip of the **broccoli**. Chop head into small florets and stem into 2cm pieces.
- Halve, peel and chop the **onion** into small pieces.
- Coat the **steak** all over with **Cajun spice**, **salt** and **pepper**.



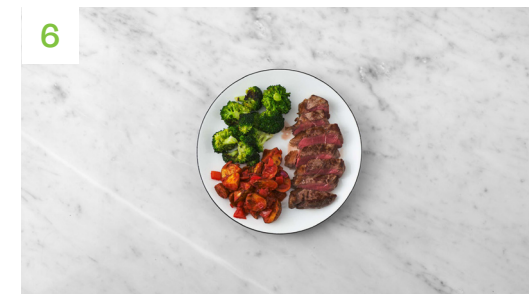
## Fry the Sirloin Steak

- Return the pan to high heat with 1 tbsp **butter** (double for 4p) and 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 to your liking, remove from pan, cover and allow to rest, 1-2 mins.



## Pan-fry the Broccoli

- Meanwhile, place a pan over 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 tender, 4-5 mins.
- Once cooked, remove from the pan and cover to keep warm.



## Finish and Serve

- Thinly slice the **steak** and divide between plates.
- Drizzle any **butter** remaining in the pan over the top.
- Serve with sofrito **potatoes** and pan-fried **broccoli** alongside.

Enjoy!