



# Irish Sirloin Steak in Mustard Sauce

with carrots, sugar snaps and garlic potato wedges

Premium 35 – 40 mins

13



21 Day Aged Sirloin Steak



Potatoes



Sugar Snaps



Garlic



Mustard



Apple Cider Vinegar



Aioli



Carrot



Honey



Stock

### Recipe Update

Due to supply chain issues you'll receive **sugar snaps** instead of **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions and it'll still be just as delicious!

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



Rate your recipe!

2024-W33

## 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	600 g	1200 g
Sugar Snaps	75 g	150 g
Garlic	3 units	6 units
Mustard	½ sachet	1 sachet
Apple Cider Vinegar	1 sachet	2 sachets
Aioli	1 sachet	2 sachets
Carrot	2 units	4 units
Honey	2 sachets	4 sachets
Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	679.3 g	100 g
Energy (kJ/kcal)	3113 kJ/ 744 kcal	458 kJ/ 110 kcal
Fat (g)	30.6 g	4.5 g
Sat. Fat (g)	8.2 g	1.2 g
Carbohydrate (g)	82.5 g	12.2 g
Sugars (g)	19.7 g	2.9 g
Protein (g)	35.3 g	5.2 g
Salt (g)	2.4 g	0.3 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

Share your creations with #HelloFreshIreland

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



You can recycle me!



## 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 the tray 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.
- Roast on the middle shelf of the oven until tender, 20-25 mins. Turn the tray halfway through.



## Char the Sugar Snaps

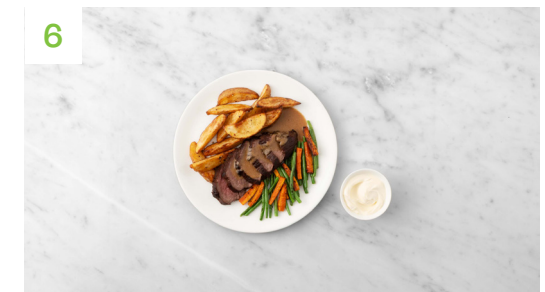
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **sugar snaps** and fry until tender, 2-3 mins.
- Once cooked, remove from the pan and cover to keep warm.



## Make the Sauce

- Return the pan to medium-high heat.
- Add 50ml water, **half** the **mustard** (double both for 4p) and the **stock**.
- Stir to form a sauce and season with **salt** and **pepper**. Simmer until reduced to desired thickness.
- Remove from the heat and stir through the **honey** along with a knob of **butter**.
- In a small bowl, mix the **aioli** and **vinegar**. Season to taste with **salt** and **pepper**.

**TIP:** Loosen the sauce with a splash of water if it becomes too thick.



## Finish and Serve

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

**Enjoy!**