



Irish Sirloin Steak in Truffle Butter with roasted broccoli and nutty pangrattato

Premium 30 – 35 mins

13



21 Day Aged Sirloin Steak



Breadcrumbs



Truffle Oil



Potatoes



Dried Thyme



Broccoli



Grated Italian
Style Hard Cheese



Hazelnuts

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



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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, colander, peeler, pot with lid, potato masher

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Breadcrumbs	1 pack	1 pack
Truffle Oil	2 packs	4 packs
Potatoes	600 g	1200 g
Dried Thyme	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Grated Italian Style Hard Cheese	1 unit	2 units
Hazelnuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	593 g	100 g
Energy (kJ/kcal)	3033.4 kJ/ 725 kcal	511.5 kJ/ 122.3 kcal
Fat (g)	33.9 g	5.7 g
Sat. Fat (g)	13.9 g	2.3 g
Carbohydrate (g)	70.5 g	11.9 g
Sugars (g)	5.6 g	0.9 g
Protein (g)	41.7 g	7 g
Salt (g)	0.8 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

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)

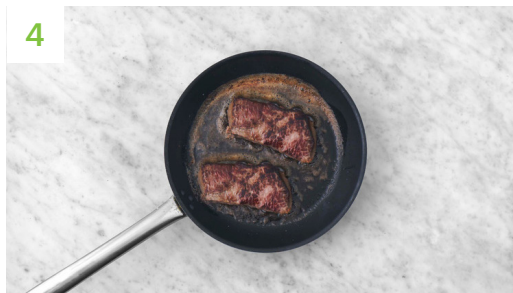


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Make the Mash

- Preheat your 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, 12-18 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.



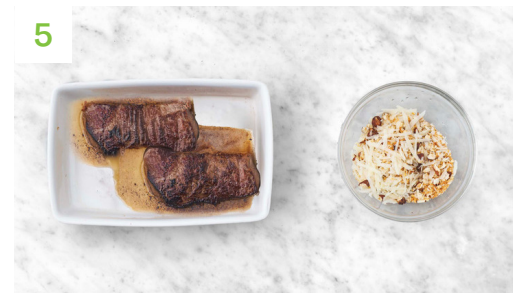
Sear the Steak

- When the mash is almost ready, return the pan to high heat with a drizzle of **oil**.
- Rub the **sirloin** with **thyme** and season 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 the outside is browned.



Bake the Broccoli

- Trim the **broccoli**. Cut the head into small florets and stem into 2cm pieces.
- Pop the **broccoli** 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 middle shelf until the edges are crispy and slightly charred, 10-15 mins.



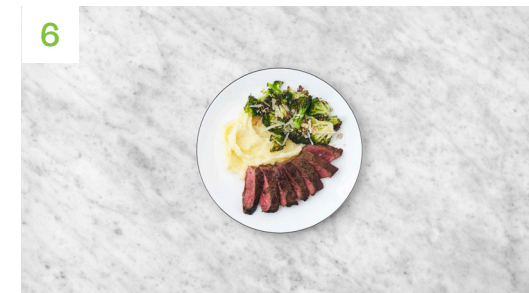
Baste in Butter

- Remove the pan from the heat and add 1 tbsp **butter** (double for 4p) and the **truffle oil**.
- Turn the **steak** to coat well in the **truffle butter**.
- Then, transfer the **steak** to a board, cover and allow to rest.
- Mix the **cheese** with the pangrattato.
- Thinly slice the **steak**.



Prep the Pangrattato

- Meanwhile, roughly chop the **hazelnuts**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **breadcrumbs** and chopped **nuts**.
- Fry until crispy, 4-5 mins. Season to taste with **salt** and **pepper**.
- Remove from the pan and set aside.



Finish and Serve

- Divide the mash, **broccoli** and sliced **sirloin** between plates.
- Scatter the cheesy **hazelnut pangrattato** over the **broccoli**.
- Drizzle any **truffle butter** remaining in the pan over the sliced **sirloin**.

Enjoy!