



# Irish Sirloin Steak Truffled Mash

with tender pan-fried broccolini

35 – 40 mins

13



21 Day Aged Sirloin Steak



Potatoes



Truffle Oil



Broccolini



Garlic

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

Aluminium foil, colander, pan with lid, peeler, pot with lid, potato masher

## Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Potatoes	600 g	1200 g
Truffle Oil	1 pack	2 packs
Broccolini	150 g	300 g
Garlic	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>516 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2372.3 kJ/ 567 kcal	459.8 kJ/ 109.9 kcal
Fat (g)	22.8 g	4.4 g
Sat. Fat (g)	11 g	2.1 g
Carbohydrate (g)	59 g	11.4 g
Sugars (g)	4.2 g	0.8 g
Protein (g)	34.6 g	6.7 g
Salt (g)	0.7 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.

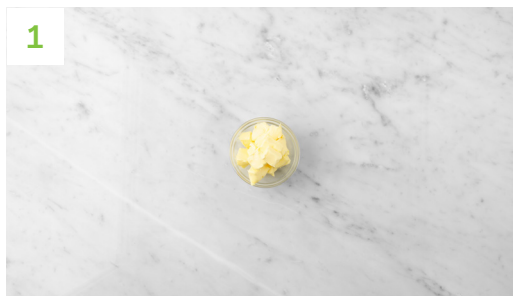
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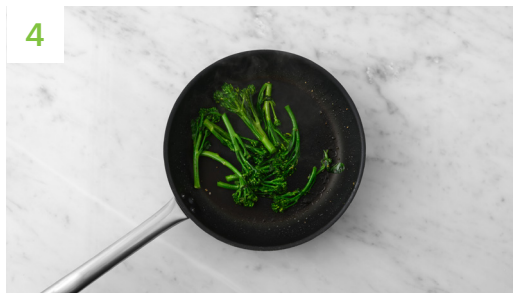
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### Roast the Garlic

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Pop **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil**. Scrunch to enclose.
- Roast on a baking tray until softened, 20-25 mins.
- Once the **garlic** is cooled, cut the end with scissors, squeeze out of the skin and using a fork mash with 1 tbsp **butter** (double for 4p).

**TIP:** If you're in a hurry you can boil the water in your kettle.



### Cook the Broccolini

- Return the pan to medium-high heat with another drizzle of **oil** (if required).
- Once hot, add the **broccolini** to the pan and season with **salt** and **pepper**.
- Fry for 2-3 mins, add a splash of **water**, and cover with a lid or some foil.
- Cook until tender, 4-5 mins.



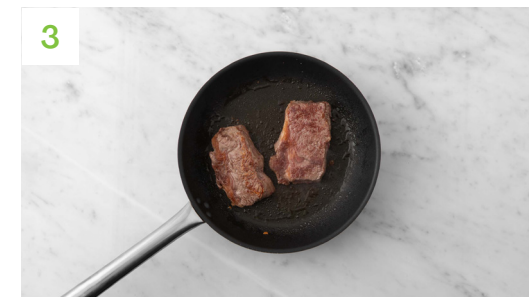
### Boil the Potatoes

- Peel and chop the **potatoes** into 2cm chunks. Pop into a pot.
- Cover with **water** and season with **salt**. Bring to the boil and cook until fork tender, 12-18 mins.
- Meanwhile, season the sirloin with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.
- Once cooked, drain the **potatoes** in a colander (reserving a little cooking **water**) and return to the pot, off the heat.



### Make the Mash

- Add a knob of **butter** and a splash of **milk** or cooking **water** to the **potatoes**.
- Mash until smooth then season with **salt** and **pepper**.
- Stir through the **truffle oil** until well incorporated.



### Sear the Steak

- When the **potatoes** have cooked for 5 mins, place a pan over high heat with a drizzle of **oil**.
- Fry the **sirloin** until browned, 1-2 mins each side for medium-rare.
- Cook for 1-2 mins more on each side if you want it more well-done.
- When 1 min of cooking time remains add the **garlic butter**. Once melted use a spoon to baste the **steaks**.
- When cooked, transfer to a board, cover and allow to rest. **IMPORTANT:** Meat is safe to eat when outside is browned.



### Finish and Serve

- When everything is ready, divide the truffled mash between plates.
- Top with the **steaks** and serve the **broccolini** on the side.

**Enjoy!**