



Classic Irish Steak and Balsamic Sauce

with garlic mash and tomato salad

30 – 35 mins

13



21 Day Aged Sirloin Steak



Sweet Potato



Carrot



Tomato



Garlic



Paprika



Salad Leaves



Balsamic Vinegar

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



Rate your recipe!

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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Sweet Potato	1 unit	2 units
Carrot	2 units	4 units
Tomato	1 unit	2 units
Garlic	2 units	4 units
Paprika	2 sachets	4 sachets
Salad Leaves	40 g	80 g
Balsamic Vinegar	2 sachets	4 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	413 kJ/ 99 kcal
Fat (g)	4 g
Sat. Fat (g)	2.2 g
Carbohydrate (g)	10 g
Sugars (g)	3.8 g
Protein (g)	6.2 g
Salt (g)	0.3 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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Get Prepped

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **sweet potato** into 2cm chunks (peeling optional).
- Trim the **carrot** and cut into 2cm chunks.
- Peel the **garlic** cloves.



Season the Sauce

- Return the pan to medium heat.
- Add 1 tsp **sugar** (per 2P), **balsamic vinegar** and a splash of water.
- Cook until slightly reduced, 1-2 mins.
- Remove from heat, then stir through 1 tbsp **butter** (per 2P). Season to taste with **salt** and **pepper**.



Make the Mash

- When the **water** is boiling, add the **potatoes**, **carrot** and **garlic**.
- Cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **water** or **milk**. Mash until smooth. Season with **salt** and **pepper**.
- Cover with a lid to keep warm.



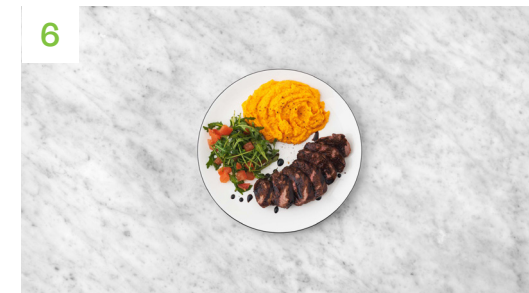
Assemble the Salad

- Meanwhile, roughly chop the **tomato**.
- To a medium bowl, add **tomato**, **salad leaves**.
- Just before serving, toss with **salt**, **pepper** and a drizzle of **oil**.



Cook the Sirloin

- Place a pan over high heat with drizzle of **oil**.
- Season the **sirloin** with **paprika**, **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.
- Transfer to a board, cover and allow to rest, 1-2 mins.



Finish and Serve

- Thinly slice the **sirloin** and divide between plates.
- Serve mash and **tomato** salad alongside.
- Drizzle the **balsamic sauce** over the **sirloin** to finish.

Enjoy!