



Irish Sirloin Steak in a Red Wine Jus

with charred broccoli and hazelnut crumb

Premium 30-35 mins

13



21 Day Aged Sirloin Steak



Lemon



Hazelnuts



Red Wine Jus



Potatoes



Broccoli

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

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

Aluminum foil, lid, pan with lid, peeler, pot, potato masher, zester

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Lemon	½ unit	1 unit
Hazelnuts	10 g	20 g
Red Wine Jus	1 sachet	2 sachets
Potatoes	3 units	6 units
Broccoli	1 unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	485 g	100 g
Energy (kJ/kcal)	1474 kJ/ 352.3 kcal	303.9 kJ/ 72.6 kcal
Fat (g)	5.6 g	1.2 g
Sat. Fat (g)	0.4 g	0.1 g
Carbohydrate (g)	62.2 g	12.8 g
Sugars (g)	7.7 g	1.6 g
Protein (g)	12.2 g	2.5 g
Salt (g)	0.5 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

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



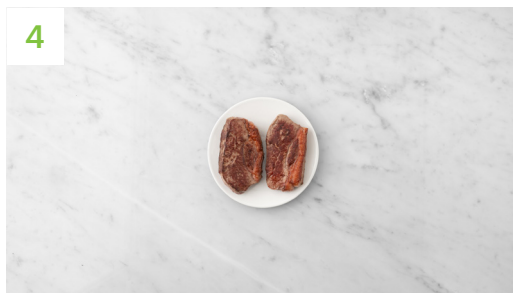
You can recycle me!



Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Peel the **potatoes** and chop into 2cm chunks.
- Cook the **potatoes** in the boiling **water** until fork tender, 15-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water** and mash until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm.

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



Sear the Steak

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, fry the **steak** 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, remove from pan, cover with foil and allow to rest.



Get Prepped

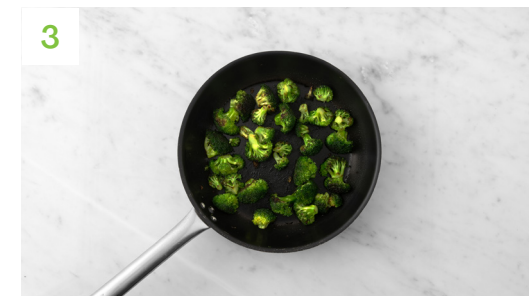
- Meanwhile, zest **half** the **lemon** (double for 4p). Cut into 4 wedges.
- Season the **steak** with **salt** and **pepper**.
- Cut the **broccoli** into florets. Halve any large florets. Roughly chop the **hazelnuts**.
- Place a large pan over medium heat (no oil). Once hot, add the chopped **hazelnuts** and dry-fry, stirring regularly, until toasted, 2-3 mins.
- Remove from the pan and toss with the **lemon** zest.

TIP: Watch the hazelnuts like a hawk as they can burn easily.



Heat the Jus

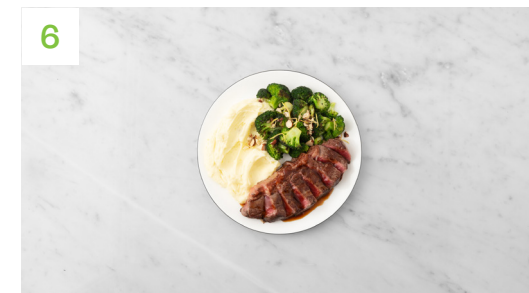
- Return the pan to high heat, add the **red wine jus** and bring to the boil.
- Add a splash of **water** to loosen if required.
- Season to taste with **salt** and **pepper**.
- Thinly slice the **steak**.



Char the Broccoli

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **broccoli** and fry until starting to char, 2-3 mins.
- Add the juice of one **lemon** wedge (double for 4p) and a splash of **water** then immediately cover with a lid or some foil.
- Cook until tender, 4-5 mins. Season with **salt** and **pepper**. Remove from the pan, set aside and cover to keep warm.

TIP: Give the pan a wipe if you like—you'll be using it later!



Finish and Serve

- Divide the **steak** between plates.
- Dish up a spoonful of creamy mashed **potato**.
- Serve the **broccoli** alongside with the lemony toasted **hazelnuts** sprinkled over.
- Finish with a drizzle of the **red wine jus** over the **steak** slices.

Enjoy!