



21 DAY AGED SIRLOIN STEAK

with Roasted Beets & Butternut and Horseradish Dressing

SPECIALITY INGREDIENT



HELLO BEETROOT

Bottoms up! Beetroot can be made into a wine that tastes similar to Port.



Beetroot



Diced Butternut Squash



Flat Leaf Parsley



Walnuts



Garlic Clove



Chopped Cavolo Nero



Sirloin Steak



Cider & Horseradish Wholegrain Mustard

MEAL BAG

35 mins

Little heat

1.5 of your 5 a day

This is a dish deliciously layered in flavour. Roasting butternut and beetroot intensifies their naturally sweet flavour and draws out their nutritional goodness. The two veggies pair perfectly with steak thanks to its rich taste. Drizzled in a cider and horseradish wholegrain mustard dressing for a hot and fiery kick to cut through the sweeter tones, this recipe is guaranteed to hit the spot. Chef top tip: don't overcrowd the pan when frying a steak. Cook a steak one at a time if necessary and check it's browned before turning.

19

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater (or Garlic Press), Colander, Large Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 ROAST THE VEGGIES

Preheat your oven to 200°C. Trim and peel the **beetroot**, then chop each **beetroot** into eight **wedges**. **★ TIP:** *You may want to wear gloves to prevent staining your hands.* Pop onto a baking tray with the **diced butternut**. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and then roast on the top shelf of your oven until the **veggies** are soft and the **butternut** is golden, 25-30 mins. Turn halfway through cooking.



4 COOK THE CAV!

Heat a splash of **oil** in a large frying pan over medium-high heat. When the **oil** is hot, add the **cavolo nero** (be careful it might spit a bit!) and stir-fry until softened, 3-4 mins. Season with **salt** and **pepper** then add the **garlic** and cook for 1 minute more. Transfer to a bowl, to reheat later on. Wipe out the pan with some kitchen paper, we will use it again for the steak.



2 PREP TIME

Meanwhile, finely chop the **flat leaf parsley** (stalks and all), roughly chop the **walnuts** and peel and grate the **garlic** (or use a garlic press). Rinse the **cavolo nero** under cold **water** in a colander. Remove the **steaks** from the fridge and set on a plate.



5 COOK FRY THE STEAK

When the **veggies** have 10 mins left, heat another splash of **oil** in the now empty frying pan over high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for 1 minute on each side. Once browned, lower the heat slightly, turn and cook for another 1-2 mins on each side. **★ TIP:** *This will cook the steak to medium rare, if you want yours more cooked add a minute or 2 to the cooking time.*
! IMPORTANT: *The steak is safe to eat when the outside is cooked.*



3 MAKE THE DRESSING

In a small bowl, mix the **cider and horseradish wholegrain mustard** with the **water** and **olive oil** (see ingredients for both amounts) until the **dressing** is well combined. Stir in **half the parsley** and season to taste with **salt** and **pepper**.



6 FINISH AND SERVE

Transfer the **steaks** to a chopping board to rest for 2 mins. Add the **cavolo nero** to the baking tray with the **veggies** and return to the oven. Reheat for 2 mins, then spoon **half the dressing** onto the **veggies** and sprinkle on the **walnuts**. Carefully toss, then share between your plates. Slice the **steak** and sit on top of the **veggies**. Finish with a drizzle of the remaining **dressing** and a sprinkling of the remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Beetroot *	1	2	2
Diced Butternut Squash *	300g	450g	600g
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Walnuts 2)	1 small bag	¾ large bag	1 large bag
Garlic Clove *	1	1	1
Chopped Cavolo Nero *	1 small bag	1 medium bag	1 large bag
Sirloin Steak *	2	3	4
Cider & Horseradish Wholegrain Mustard 9) 14)	1 pot	1½ pots	2 pots
Water*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil*	1 tbsp	1 tbsp	1 tbsp

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 510G	PER 100G
Energy (kJ/kcal)	2293 / 548	450 / 108
Fat (g)	30	6
Sat. Fat (g)	9	2
Carbohydrate (g)	22	4
Sugars (g)	15	3
Protein (g)	46	9
Salt (g)	0.72	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 9) Mustard 14) Sulphites

PAIR THIS MEAL WITH

A red wine like a Shiraz.

🧼 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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