



21 Day Aged Sirloin Steak and Peppercorn Sauce with Roasted Potatoes and Green Beans

32

Steak Night 40-45 Minutes • 1 of your 5 a day



21 Day Aged Sirloin Steaks



Potatoes



Echalion Shallot



Green Beans



Cracked Black Pepper



Chicken Stock Paste



Creme Fraiche

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, frying pan, aluminium foil and colander.

Ingredients

Ingredients	2P	3P	4P
21 Day Aged Sirloin Steaks**	2	3	4
Potatoes	450g	700g	900g
Echalion Shallot**	1	1	1
Green Beans**	150g	200g	300g
Cracked Black Pepper	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	1005g	150g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	608g 2771/662	100g 456/109
Fat (g)	31.7	5.2
Sat. Fat (g)	15.5	2.5
Carbohydrate (g)	54.4	8.9
Sugars (g)	9.0	1.5
Protein (g)	46.0	7.6
Salt (g)	1.25	0.21

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **steaks** from your fridge to allow them to come up to room temperature.

Chop the **potatoes** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **shallot**.

4



Bring on the Beans

Pop the (now empty) frying pan on medium heat with a drizzle of **oil**.

Once hot, add the **shallot** and stir until softened, 3-4 mins.

Meanwhile, when your pan of **water** is boiling, add the **green beans** and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in a drizzle of **olive oil**, then cover to keep warm.

2



Roast the Potatoes

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

Meanwhile, bring a medium saucepan of **water** to the boil with ½ **tsp salt**.

5



Make your Peppercorn Sauce

While the **beans** cook, stir the **cracked black pepper**, **chicken stock paste** and **water for the sauce** (see pantry for amount) into the **shallot** and allow it to reduce until thickened, 2-3 mins.

Stir in the **creme fraiche**, then take off the heat.

3



Time to Fry

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.

Once hot, lay the **steaks** into the pan and fry until browned, 1 min on each side. Lower the heat slightly and cook for another 1-2 mins on each side if you want them medium-rare. **TIP: Cook for 1-2 mins more if you like it more well done.**

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.

6



Finish and Serve

Once rested, slice the **steak** widthways into 1cm thick slices.

When everything's ready, serve the **steak** on your plates with the **green beans** and **roast potatoes** alongside.

Spoon the **peppercorn sauce** over the **steak** to finish.

Enjoy!