



Korean Inspired Steak Night

with Spicy Mayo, Sesame Tenderstem and Roast Potatoes

N° 25

PREMIUM 30 Minutes • Medium Spice



Potato



Sesame Seeds



Sirloin Steak



Red Chilli



Spring Onion



Mayonnaise



Sriracha



Ketjap Manis



Honey



Tenderstem Broccoli®

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	15g	15g	25g
Sirloin Steak**	2	3	4
Red Chilli**	1	1	1
Spring Onion**	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Sriracha	1 sachet	1 sachet	2 sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Tenderstem Broccoli ***	1 small pack	1 large pack	1 large pack

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	528g	100g
Energy (kJ/kcal)	2849 /681	540 /129
Fat (g)	31	6
Sat. Fat (g)	10	2
Carbohydrate (g)	58	11
Sugars (g)	17	3
Protein (g)	46	9
Salt (g)	1.15	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **8) Egg 9)** Mustard **11) Soya 13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Get Started

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel!). Pop the **potatoes** on a large baking tray. Drizzle with **oil** and sprinkle on **half** the **sesame seeds**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Fry the Steak

Wipe out your frying pan and pop back on high heat with a drizzle of **oil**. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. Lower the heat slightly and cook for another 1-2 mins on each side for medium rare. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** The steak is safe to eat when the outside is cooked.



2. Finish the Prep

Meanwhile, take the **steak** out the fridge. Halve the **chilli** lengthways, deseed then finely slice thinly. Trim the **spring onions** then slice thinly. In a small bowl mix the **mayo** with **half** the **sriracha**. Set aside for serving later. In a small bowl, mix the remaining **sriracha**, **kejap manis** and **honey**. Add the **olive oil** (see ingredients for amount) and mix well.



5. Add the Glaze

Once the **steak** is cooked pour in the **sticky mixture** and glaze the **steak** for 1 minute more, turning the **steak** over in the pan to cover it all sides. Remove to a plate to rest for a couple of mins, loosely covered with foil.



3. Fry the Broccoli

Heat a drizzle of **oil** in a frying pan on medium high heat. Once hot add the **broccoli**, **chilli** and the remaining **sesame seeds** and fry stirring often until charred, 3-4 mins. Add a splash of **water** to the pan, cover with a lid or foil and steam fry until the **broccoli** is tender, 3-5 mins. Season with **salt** and **pepper**, remove to a bowl and cover with foil to keep warm.



6. Serve Up

Serve the **steak** on plates with a portion of the **chilli broccoli** and **sesame potatoes** on the side and a dollop of **spicy sriracha mayo**. Pour over any resting **juices** and the **sticky sauce** from the pan over the **steak**. Sprinkle over the **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.