



# Honey Miso Glazed Sirloin Steak

with Sweet Potato Wedges & Sesame Dressing

**STREET FOOD** 30 Minutes

Nº 27



Sirloin Steak



Potato



Sesame Seeds



Red Chilli



Lime



Spring Onion



Broccoli



Soy Sauce



Honey



Miso

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays, Frying Pan and Frying Pan.

### Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Red Chilli**	½	¾	1
Lime**	1	1½	2
Spring Onion**	1	2	2
Broccoli**	1	1	2
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Honey	2 sachets	3 sachets	4 sachets
Miso 11)	1 sachet	1 sachet	2 sachets
Sugar*	½ tsp	¾ tsp	1 tsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	2745 /656	413 /99
Fat (g)	25	4
Sat. Fat (g)	9	1
Carbohydrate (g)	61	9
Sugars (g)	17	3
Protein (g)	51	8
Salt (g)	3.02	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

3) Sesame 11) Soya 13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Start Your Wedges

Preheat your oven to 200°C. Take your **steaks** out of the fridge so they come up to room temperature. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, sprinkle over **half** of the **sesame seeds** and season with **salt** and **pepper**. Toss to coat, then spread out 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 wedges nicely spread out.



## 4. Cook the Steak

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 the **steak** for another 1-2 mins on each side for medium rare. Rest the **steaks** on a chopping board loosely covered with tin foil. **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. Prep

Meanwhile, halve the **chilli** lengthways, deseed then finely chop. Halve the **lime**. Trim the **spring onions** then slice thinly. Separate the **broccoli** into florets. Heat a large frying pan over a medium-high heat (no oil!). When hot add the remaining **sesame seeds** and toast, stirring, until golden, 2-3 minutes **TIP:** Watch them like a hawk as they can burn easily. Pop the **sesame seeds** into a small bowl but don't wash up the pan!



## 5. Make Your Sauce

Whilst the **steak** cooks, put the **soy sauce**, **honey**, **miso** and **sugar** (see ingredients for amount) into a bowl and add **half** the **toasted sesame seeds**. Mix well. Once the **steak** is out of the pan, add the **miso mix** to the pan, stir together and cook until thickened and bubbling, 2-3 mins. Remove from the heat. Add the **steak** back to the pan along with any **resting juices** and coat in the **glaze**.



## 3. Broccoli Time

When the **wedges** have 15 mins left, pop the **broccoli** on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper** and roast on the middle shelf of your oven until softened and starting to char, 12-15 mins. Return the pan you toasted the sesame seeds in, to high heat. When hot, add the **lime halves** cut side down and cook until golden and charred, 3-4 mins, check during cooking. Remove from the pan. Wipe out the pan and return to the heat with a drizzle of **oil**.



## 6. Time to Serve

Share the **broccoli** between your plates. Pop your glazed **steak** on top of the **broccoli**. Serve the **wedges** alongside. Drizzle over any remaining glaze. Sprinkle over the **toasted sesame seeds**, **red chilli** and **sliced spring onion**. Serve the **charred lime** on the side for squeezing over.

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.