



# Pan-Fried Sirloin Steak

with Lyonnaise Potatoes and Peppercorn Sauce

Premium 45 Minutes

₹25



Sirloin Steak



Potato



Red Onion



Echalion Shallot



Flat Leaf Parsley



Black Peppercorns



Cider Vinegar



Chicken Stock Powder



Crème Fraîche

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Saucepan, Measuring Jug and Frying Pan.

## Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1	2
Echalion Shallot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Black Peppercorns	1 small pot	1 large pot	2 small pots
Cider Vinegar <b>14)</b>	1 sachet	1½ sachets	2 sachets
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water*	100ml	150ml	200ml
Crème Fraîche <b>7)</b> **	100g	150g	200g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>575g</b>	<b>100g</b>
Energy (kJ/kcal)	2805 /671	488 /117
Fat (g)	35	6
Sat. Fat (g)	16	3
Carbohydrate (g)	52	9
Sugars (g)	7	1
Protein (g)	45	8
Salt (g)	1.06	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **14)** Sulphites

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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## Start the Potato

Preheat your oven to 200°C and take the **steak** out of your fridge. Chop the **potato** into 2cm chunks (no need to peel!), then pop onto a baking tray. Drizzle with **oil**, season with **salt** and spread out in one layer. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## Caramelize the Onion

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** and season with salt. Stir and cook until soft and caramelised, 15-20 mins. Stir every now and then to make sure it's not burning. When soft, transfer to a bowl and cover to keep warm. We will be adding them to the potatoes later.



## Prep the Rest

Meanwhile, halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all). Crush the **peppercorns** in a freezer bag with the bottom of a saucepan or a rolling pin. Season the **steak** with **salt** and **pepper**.



## Make the Sauce

Return your now empty pan to medium heat and add a splash of **oil**. Add the **shallot** and stir until soft, 5 mins. Add the **crushed peppercorns** and stir in the **cider vinegar**. Allow the **vinegar** to bubble away. Stir in the **stock powder** and **water** (see ingredients for amount) and allow it to reduce for 3 mins. Stir in the **crème fraîche**, then take off the heat.



## Fry the Steak

Heat a drizzle of **oil** in a frying pan on high heat. 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 browned.** Transfer to a plate, cover with foil and leave to rest for a few mins.



## Finish and Serve

When ready, take the **potatoes** out of your oven and spread the **caramelised red onion** on top of them. Return to your oven to warm through while the **steak** rests. Reheat the **sauce** over medium heat until piping hot, adding any **steak resting juices** and the **parsley**. Taste and add **salt** if necessary. Share the **potatoes** between your plates. Thinly slice the **steak** and place alongside the **potatoes**. Spoon the **sauce** 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.