



# SIRLOIN STEAK

WITH BUTTERY TARRAGON SAUCE, ROASTED RADISHES AND BUTTERNUT SQUASH



• SPECIALITY INGREDIENT •



## HELLO CHERVIL

Along with tarragon, chives and parsley, chervil is one of French cuisine's indispensable 'fines herbes'.



Butternut Squash



Ground Coriander



French Breakfast Radishes



Tarragon



Chervil



Echalion Shallot



Sirloin Steak



Cider Vinegar



Chicken Stock Pot



Water



Netherend Butter

40 mins

2 of your 5 a day

Have you ever tried cooking a radish? It mellows their peppery bite and makes a delicious change from having them raw in a salad. They make a tasty and colourful side for sirloin steak. We've finished everything off with a buttery herb sauce for a touch of richness and decadence. Enjoy!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, some **Baking Paper**, a **Frying Pan**, **Mixing Bowl**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



### 1 ROAST THE SQUASH

Preheat your oven to 200°C. Remove the top and bottom from the **butternut squash**. Halve it lengthways and scoop out the seeds (no need to peel!). Chop into 1cm cubes. Place on a lined baking tray and drizzle over some **oil**. Sprinkle on the **ground coriander** and season with a pinch of **salt** and **black pepper**. Toss to coat, then spread out evenly and roast on the top shelf of your oven until golden, 25-30 mins.



### 2 PREP THE VEGGIES

Trim the **radishes** of any green shoots, then halve. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks). Roughly chop the **chervil** (stalks and all). Halve, peel and finely chop the **shallot**. Spread the **radishes** out on another baking tray, drizzle on some **oil** and season with **salt** and **black pepper**. When the **squash** has 10-12 mins left, pop the **radishes** on the middle shelf of the oven to roast.



### 3 COOK THE STEAK

Put a frying pan on high heat. Place the **steak** in a mixing bowl, add a little **oil** and season well with **salt** and **black pepper**. When the pan is smoking hot, carefully lay in the **steak**. For medium-rare (our favourite), fry for 4 mins each side. Give it a minute extra on each side for medium and 2 mins for well-done. When cooked, rest the steak on a plate, covered loosely with foil. Keep the pan!



### 4 MAKE THE SAUCE

Return the pan to low heat (make sure it's not super hot, otherwise your **shallot** will burn) and add a drizzle of **oil**. Add the **shallot** and cook, stirring, until softened, 5 mins. Add the **cider vinegar** and allow it to bubble away before stirring in the **chicken stock pot** and the **water** (amount specified in the ingredient list). Bring the **sauce** to the boil, then lower the heat and simmer until reduced by half, 5 mins.



### 5 FINISH UP

When the **radishes** are cooked (they should be just tender), remove from your oven and pop a quarter of the **butter** on top. Toss the **radishes** and **butter** together so that the **butter** melts and gives the **radishes** a nice glaze. To finish the **sauce**, remove the pan from the heat and add the remaining **butter**. Swirl the pan to melt the **butter**, then give it a quick stir to ensure it's all mixed together. Finally, stir through the **tarragon**.



### 6 ASSEMBLE AND SERVE

Cut the **steak** into five slices. Arrange the **roasted radishes** and **butternut squash** on your plates, then place the slices of **steak** on top. Pour any juices from the **steak** into the **sauce** and gently mix. Spoon the **buttery tarragon sauce** over the **steak** and finish with the **chopped chervil**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Butternut Squash, chopped	1
Ground Coriander	1½ tsp
French Breakfast Radishes, halved	1 pack
Tarragon, chopped	1 bunch
Chervil, chopped	1 bunch
Echalion Shallot, chopped	½
Sirloin Steak	2
Cider Vinegar 12)	1 tbsp
Chicken Stock Pot	½
Water*	100ml
Netherend Butter 7)	60g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	633	96
(kJ)	2649	402
Fat (g)	37	6
Sat. Fat (g)	22	3
Carbohydrate (g)	32	5
Sugars (g)	16	2
Protein (g)	45	7
Salt (g)	1.58	0.24

### ALLERGENS

7)Milk 12)Sulphites

**Chicken Stock Pot:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

### PAIR THIS MEAL WITH

A big red like an Aussie Shiraz



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