



Steak and Roast Potatoes

with Chantenay Carrots and Garlic, Tarragon & Mustard Butter

Premium 35 Minutes • 1 of your 5 a day



Sirloin Steak



Butter



Potatoes



Rosemary



Plain Flour



Chantenay Carrot



Honey



Garlic Clove



Tarragon



Wholegrain Mustard

Before you start

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

Cooking tools, you will need:

Kettle, Baking Tray, Saucepan, Colander, Aluminium Foil, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Butter 7)**	30g	40g	60g
Potatoes**	450g	700g	900g
Rosemary	½ bunch	1 bunch	1 bunch
Plain Flour 13)	8g	8g	16g
Chantenay Carrot**	150g	225g	300g
Honey	1 sachet	1 sachet	2 sachets
Garlic Clove	1	2	2
Tarragon	1 bunch	1 bunch	1 bunch
Wholegrain Mustard 9)	9g	13g	17g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	2747 / 657	531 / 127
Fat (g)	32	6
Sat. Fat (g)	16	3
Carbohydrate (g)	52	10
Sugars (g)	9	2
Protein (g)	43	8
Salt (g)	0.45	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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

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Start the Potatoes

Fill and boil your kettle. Take your **steak** and **butter** out of the fridge to allow them to come to room temperature. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop onto the top shelf of your oven. Pour the boiling **water** into a large saucepan on high heat with ½ **tsp of salt**. Peel the **potatoes**, chop them into 2cm chunks. Add the **potatoes** to the boiling **water** and cook for 5-6 mins or until the edges have softened when you poke them with a knife.



Butter Up

Whilst everything cooks, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Pop the **butter** into a small bowl, add the **tarragon** and **mustard**. Season with **salt** and **pepper** and mash with the back of a fork. Once the **garlic** is roasted, mash it with the back of a fork and pop into the bowl with the **butter**, mash again until well combined.



Roast the Potatoes

Meanwhile, pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on the **flour**. Give your pan a shake to fluff up the **potato**. Sprinkle over **half the rosemary**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turning halfway through.



Cook the Steaks

8 mins before everything is ready, heat a drizzle of **oil** in a frying pan on high heat. 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:** Wash your hands after handling raw meat. The steak is safe to eat when the outside is cooked.



Carrot Time

Meanwhile, trim the **carrots** and halve lengthways. Pop onto a baking tray, drizzle over some **oil** and the **honey** and scatter over the remaining **rosemary**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Season with **salt** and **pepper** and toss to coat then spread in a single layer. When the **potatoes** have about 25 mins left, pop the **carrots** on the middle shelf of the oven, turning halfway through cooking. Peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Roast on the baking tray with your **carrots** until the **garlic** is soft, 10-12 mins. Carefully remove the **garlic parcel** from the oven.



Serve

Pop the **steaks** onto serving plates and spread the **tarragon butter** on top of the **steaks**. Loosely cover with foil and leave to rest for 2 mins. Then serve the roast **potatoes** and **carrots** alongside.

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.