



Sirloin Steak with Roasted Garlic & Parsley Butter with Handcut Chips and Oven Roasted Tomato & Rocket Salad

Premium 30 Minutes

32



Potatoes



Flat Leaf Parsley



Garlic



Sirloin Steak



Baby Plum Tomatoes



French Dressing



Butter



Rocket

Before you start

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

Cooking tools, you will need:

Aluminium Foil, Baking Tray, Bowl, Large Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic**	1	1	2
Sirloin Steak**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
French Dressing** 9)	1 sachet	1 sachet	1 sachet
Butter** 7)	30g	40g	60g
Rocket**	20g	40g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	2759 /659	536 /128
Fat (g)	36	7
Sat. Fat (g)	17	3
Carbohydrate (g)	43	8
Sugars (g)	3	1
Protein (g)	43	8
Salt (g)	0.49	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

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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Prep Time

Preheat your oven to 200°C. Chop the **potatoes** lengthways into 2cm slices, then chop into 2cm wide chips (no need to peel). Finely chop the **flat leaf parsley** (stalks and all). Peel the **garlic**, pop it into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Remove the **steak** from your fridge to allow it to come up to room temperature.



Start the Salad

Once the **tomatoes** are roasted, pop them into a bowl, stir in the **French dressing** and set aside. Once the **garlic** is softened, pop into a small bowl along with the **butter** and **parsley**. Mash with a fork until combined.



Cook The Chips

Pop the **chips** onto a large, low-sided, wide baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through. **TIP:** Use two baking trays if necessary, you want the chips nicely spread out.



Cook the Steaks

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** into the pan and fry until browned, 1 min on each side. Lower the heat slightly and cook for another 1-2 mins on each side if you want them medium-rare. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.



Roast the Tomatoes

Pop the **baby plum tomatoes** onto another baking tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Add the **parcel** with the **garlic** to the tray. Roast on the middle shelf of the oven until the **tomatoes** and **garlic cloves** are soft, 10-12 mins.



Finish and Serve

Once cooked, remove the **steak** to a plate, top with the **herby butter**. Cover with foil and allow to rest for a couple of mins. Just before serving, add the **rocket** to the **dressing** and **roasted tomatoes**, toss to coat. Share the **chips** between your plates and serve the **steaks** and **salad** alongside. Drizzle any melted **buttery juices** over the **steak**.

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.