



# All-American Style BBQ Glazed Sirloin Steak

with Sweet Potato Fries, Chimmichurri and Corn on the Cob

N° 19

**PREMIUM** 40 Minutes • Little Heat • 1 of your 5 a day



Sirloin Steak



Sweet Potato



Green Chilli



Corn on the Cob



Garlic Clove



Flat Leaf Parsley



Coriander



Cider Vinegar



BBQ Sauce

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press) and Frying Pan.

### Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Sweet Potato**	1	2	2
Green Chilli**	½	¾	1
Corn on the Cob**	2	3	4
Garlic Clove**	2 cloves	3 cloves	4 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Coriander**	1 bunch	1 bunch	1 bunch
Cider Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
BBQ Sauce <b>13)</b>	1 sachet	2 sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	668g	100g
Energy (kJ/kcal)	3077 /736	461 /110
Fat (g)	22	3
Sat. Fat (g)	9	1
Carbohydrate (g)	89	13
Sugars (g)	29	4
Protein (g)	46	7
Salt (g)	1.23	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**13)** Gluten **14)** Sulphites

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. Get Started

Remove the **steaks** from the fridge to bring them up to room temperature. Preheat your oven to 200°C. Chop the **sweet potato** into 2cm wide wedges (no need to peel!). Pop the **potato** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Thinly slice half the **green chilli**. Finely chop the rest. Halve the **corn on the cobs** by running a knife firmly around the middle then snapping in half with your hands.



## 4. Cook the Steaks

When the **potatoes** and **corn** have about 15 mins left, put a frying pan on high heat with a drizzle of **oil**. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, carefully lay the **steaks** in the pan and brown for a minute on each side. Once browned, lower the heat slightly and cook for another 1-2 mins on each side. **TIP:** *This will cook the steak to medium rare - if you like yours less rare just cook for 1-2 mins more.* **IMPORTANT:** *Steak is safe to eat when the outside is no longer pink.*



## 2. Roast the Potato

Put the **corn on the cob** on a large sheet of foil. Drizzle with **oil** and season with **salt** and **pepper**. Put the **chilli slices** and **half** the **garlic** (keep the **clove(s)** whole with the skin on) on top then scrunch the foil closed to create a parcel. Put this on the tray alongside the **sweet potato**. Roast on the top shelf of your oven until the **sweet potato** are soft and golden and the **corn** is tender, 25-30 mins. Turn the **potato** halfway.



## 5. Glaze it Up

As soon as the **steaks** are cooked to your liking, transfer to a clean plate and spread the **BBQ sauce** all over both sides. Loosely cover with foil and leave to rest for a few mins - this will help the **steak** get nice and juicy.



## 3. Chimichurri Time!

Meanwhile, peel and grate the remaining **garlic** (or use a garlic press). Finely chop the **parsley** and **coriander** (stalks and all). Put the **grated garlic**, chopped **chilli** and **herbs** in a bowl along with the **cider vinegar**, **oil** and **sugar** (see ingredients for amount). Stir together then season to taste with **salt** and **pepper**. Set aside - this is your chimichurri dressing!



## 6. Serve

Divide the **sweet potato** and **corn** between your plates. Slice the **steaks** and lay alongside, making sure your drizzle over the **BBQ-y juices**! Finish by spooning the **chimichurri dressing** all 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.