



# Chargrilled Sirloin & Grilled Zucchini Salad

with BBQ Corn & Aussie Wedges

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Zucchini



Corn



Sirloin Steak



Rocket Leaves



Grated Parmesan Cheese



Mayonnaise

- Hands-on: 20-30 mins
- Ready in: 35-45 mins
- Naturally gluten-free
- Not suitable for Coeliacs

Nothing beats a good chargrilled steak. Paired with charred zucchini salad and golden wedges, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

BBQ · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	2 sachets
zucchini	1	2
corn	1 cob	2 cobs
sirloin steak	1 packet	2 packets
butter*	20g	40g
rocket leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mayonnaise	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2982kJ (712Cal)	477kJ (114Cal)
Protein (g)	51.6g	8.3g
Fat, total (g)	38.3g	6.1g
- saturated (g)	13.6g	2.2g
Carbohydrate (g)	37.2g	6g
- sugars (g)	7.9g	1.3g
Sodium (mg)	855mg	137mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the Aussie wedges

Preheat the BBQ to a high heat. Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper. Sprinkle over the **Aussie spice blend**, drizzle with **olive oil**, and season with **salt and pepper**. Toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



## Get prepped

While the wedges are baking, thinly slice the **zucchini** into long planks (or use a veggie peeler). Cut the **corn** in half. In a large bowl, combine the **zucchini** and a drizzle of **olive oil**, then season with **salt and pepper**. In a medium bowl, combine the **sirloin steaks** and a drizzle of **olive oil**. Season with **salt and pepper**. Toss to coat.



## Cook the corn & steak

When the BBQ is hot, grill the **corn**, turning, until charred all over, **10-15 minutes**. Transfer to a plate, top with the **butter** and cover with foil. Meanwhile, add the **steaks** and grill for **2-3 minutes** on each side for medium-rare or cooked to your liking. Using tongs, sear the fat for **30 seconds** or until golden. Transfer to a plate to rest.

**No BBQ?** Cook the corn in a saucepan of boiling water until tender and bright yellow, 5 minutes. Drain. Top the corn with the butter and cover with foil. Heat a drizzle of olive oil in a large frying pan over a high heat. Cook the steak for 2-3 minutes or until cooked to your liking. Using tongs, sear the fat for 30 seconds or until golden.



## Cook the zucchini

While the steak is resting, add the **zucchini** to the BBQ and grill until charred and softened, **3-5 minutes** each side. Return to the bowl.

**No BBQ?** Return the frying pan to medium-high heat with a drizzle of olive oil. Add the zucchini and cook until tender, 3-5 minutes each side.



## Toss the salad

Add the **rocket leaves**, a little drizzle of **white wine vinegar** and a drizzle of **olive oil** to the **zucchini**. Season with **salt and pepper**. Toss to combine.



## Serve up

Slice the steak. Sprinkle the **grated Parmesan cheese** over the corn and salad. Bring the chargrilled steak, grilled zucchini salad, BBQ corn and Aussie wedges to the table. Serve with the **mayonnaise**.

Enjoy!