



# Matured Sirloin Steak

with Lyonnaise Potatoes and Peppercorn Sauce

**PREMIUM** 45 Minutes

N° 13



Sirloin Steak



Potato



Red Onion



Echalion Shallot



Flat Leaf Parsley



Black Peppercorns



Cider Vinegar



Chicken Stock Powder



Half Fat Crème  
Fraîche

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Large Saucepan, Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1	2
Echalion Shallot**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Black Peppercorns	1 pot	1½ pots	2 pots
Cider Vinegar <b>14)</b>	1 sachet	1½ sachets	2 sachets
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water*	100ml	150ml	200ml
Half Fat Crème Fraîche <b>7)</b> **	100g	150g	200g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	575g	100g
Energy (kJ/kcal)	2554 / 611	444 / 106
Fat (g)	27	5
Sat. Fat (g)	14	2
Carbohydrate (g)	49	9
Sugars (g)	7	1
Protein (g)	45	8
Salt (g)	1.07	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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. Start the Potato

Preheat your oven to 200°C and take the **steak** out of your fridge. Chop the **potato** into 2cm chunks (no need to peel!), then pop on a baking tray. Drizzle with **oil**, season with **salt** and spread out in one layer. Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 4. Make the Sauce

Return your now empty pan to medium heat and add a splash of **oil**. Add the **shallot** and stir until soft, 5 mins. Add the **crushed peppercorns** and stir in the **cider vinegar**. Allow the **vinegar** to bubble away. Stir in the **stock powder** and **water** (see ingredients for amount) and allow it to reduce for 3 mins. Stir in the **crème fraîche**, then take off the heat.



## 2. Caramelize the Onion

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** and season with **salt**. Stir and cook until soft and caramelised, 15-20 mins. Stir every now and then to make sure it is not burning. When soft, transfer to a bowl and cover to keep warm. We will be adding them to the potato later.



## 5. Fry the Steak

Heat a splash of **oil** in a frying pan over high heat. Once hot, lay in the **steak**. Cook until browned, 2-3 mins on each side for medium-rare. Cook for a further minute on each side if you like it medium. Transfer to a plate, cover with foil and leave to rest for a few mins. **IMPORTANT: Steak is safe to eat when the outside is no longer pink**



## 3. Prep the Rest

Meanwhile, halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all). Crush the **peppercorns** in a freezer bag with the bottom of a saucepan or a rolling pin. Season the **steak** with **salt** and **pepper**.



## 6. Finish and Serve

When ready, take the **potato** out of your oven and spread the **caramelised red onion** on top of them. Return to your oven to warm through while the steak rests. Reheat the **sauce** over medium heat until piping hot. Add any **steak resting juices** and the **parsley** to the **sauce**. Taste and add **salt** if necessary. Share the **potatoes** between your plates. Cut each **steak** thinly and place alongside the **potatoes**. Spoon the **sauce** over.

Enjoy!