



Honey Miso Glazed Sirloin Steak

with Sweet Potato Wedges & Sesame Dressing

STREET FOOD 30 Minutes



Sirloin Steak



Potato



Sesame Seeds



Red Chilli



Lime



Spring Onion



Broccoli



Soy Sauce



Honey



Miso

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Frying Pan and Frying Pan.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Red Chilli**	½	¾	1
Lime**	1	1½	2
Spring Onion**	1	2	2
Broccoli**	1	1	2
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Honey	2 sachets	3 sachets	4 sachets
Miso 11)	1 sachet	1 sachet	2 sachets
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	2745 /656	413 /99
Fat (g)	25	4
Sat. Fat (g)	9	1
Carbohydrate (g)	61	9
Sugars (g)	17	3
Protein (g)	51	8
Salt (g)	3.02	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Start Your Wedges

Preheat your oven to 200°C. Take your **steaks** out of the fridge so they come up to room temperature. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, sprinkle over **half** of the **sesame seeds** and season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the wedges nicely spread out.



4. Cook the Steak

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 the **steak** for another 1-2 mins on each side for medium rare. Rest the **steaks** on a chopping board loosely covered with tin foil. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** The steak is safe to eat when the outside is cooked.



2. Prep

Meanwhile, halve the **chilli** lengthways, deseed then finely chop. Halve the **lime**. Trim the **spring onions** then slice thinly. Separate the **broccoli** into florets. Heat a large frying pan over a medium-high heat (no oil!). When hot add the remaining **sesame seeds** and toast, stirring, until golden, 2-3 minutes **TIP:** Watch them like a hawk as they can burn easily. Pop the **sesame seeds** into a small bowl but don't wash up the pan!



5. Make Your Sauce

Whilst the **steak** cooks, put the **soy sauce**, **honey**, **miso** and **sugar** (see ingredients for amount) into a bowl and add **half** the **toasted sesame seeds**. Mix well. Once the **steak** is out of the pan, add the **miso mix** to the pan, stir together and cook until thickened and bubbling, 2-3 mins. Remove from the heat. Add the **steak** back to the pan along with any **resting juices** and coat in the **glaze**.



3. Broccoli Time

When the **wedges** have 15 mins left, pop the **broccoli** on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper** and roast on the middle shelf of your oven until softened and starting to char, 12-15 mins. Return the pan you toasted the sesame seeds in, to high heat. When hot, add the **lime halves** cut side down and cook until golden and charred, 3-4 mins, check during cooking. Remove from the pan. Wipe out the pan and return to the heat with a drizzle of **oil**.



6. Time to Serve

Share the **broccoli** between your plates. Pop your glazed **steak** on top of the **broccoli**. Serve the **wedges** alongside. Drizzle over any remaining glaze. Sprinkle over the **toasted sesame seeds**, **red chilli** and **sliced spring onion**. Serve the **charred lime** on the side for squeezing 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.