



Seared Sirloin & Béarnaise Sauce

with Lemon Butter Greens

Grab your Meal Kit with this symbol



Potato



Garlic



Green Beans



Lemon



Slivered Almonds



Sirloin Steak



Baby Spinach Leaves



Béarnaise

Hands-on: **15-25** mins
Ready in: **25-35** mins

Naturally gluten-free
Not suitable for Coeliacs

Whipping up a gourmet pub bistro-style meal doesn't take hours or fancy equipment. You just need great ingredients. Whip up this tender sirloin with a rich and decadent béarnaise sauce plus classic roasted potatoes and a side of greens, and you'll be calling yourself a chef in no time.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
green beans	1 bag (200g)	1 bag (400g)
lemon	½	1
slivered almonds	1 packet	2 packets
sirloin steak	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)
butter*	20g	40g
béarnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2930kJ (700Cal)	519kJ (124Cal)
Protein (g)	44.2g	7.8g
Fat, total (g)	42g	7.4g
- saturated (g)	11g	1.9g
Carbohydrate (g)	32.7g	5.8g
- sugars (g)	7.1g	1.3g
Sodium (mg)	199mg	35mg

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.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



1. Roast the potato

Preheat the oven to **240°C/220°C fan forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** onto the oven tray lined with baking paper. Toss to coat, then roast until tender, **25 minutes**.

TIP: Spread the potato across two trays if it's getting crowded.



2. Get prepped

While the potato is roasting, finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Slice the **lemon** (see ingredients list) into wedges.



3. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and cook, stirring occasionally, until golden, **3-4 minutes**. Transfer to a plate.



4. Cook the steak

See Top Steak Tips (left) for extra info!

When the potato has **10 minutes** remaining, return the frying pan to a high heat with a **drizzle of olive oil**. **Drizzle** the **sirloin steak** with **olive oil** and season with **salt** and **pepper** on both sides. When the oil is hot, add the **steaks** to the pan and cook for **2 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 and leave to rest for **5 minutes**.



5. Cook the lemon butter greens

Wipe out the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and cook, tossing, until softened, **4-5 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **baby spinach leaves**, **butter** and a **good squeeze of lemon juice** and stir until the **spinach** has wilted and the **butter** has melted. Season to taste.



6. Serve up

Thinly slice the sirloin steak, divide between plates and pour over the resting juices. Serve with lemon butter greens, roasted potatoes and **béarnaise**. Sprinkle the toasted almonds over the potatoes to serve.

Enjoy!