



# Sirloin Steak & Miso Butter

with Sesame Veggies & Crispy Onion Mash

Grab your Meal Kit with this symbol



Potato



Broccolini



Green Beans



Miso Paste



Crispy Shallots



Sesame Seeds



Japanese Dressing



Sirloin Steak



Salad Leaves



Herbs



Long Red Chilli (Optional)

**Keep an eye out...**

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (optional long red chilli)

Serve an elegant meal with a dash of Japanese flair. Umami- rich miso paste adds an unmistakable depth of flavour to a perfectly cooked steak while a toasted sesame dressing lifts quickly sautéed vegetables to brand new heights. Every bite of this easy steak dinner is simply sensational!

**Pantry items**

Olive Oil, Butter, Milk, Soy Sauce

## 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccolini	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)
miso paste	½ packet (20g)	1 packet (40g)
butter*	60g	120g
salt*	¼ tsp	½ tsp
milk*	2½ tbs	½ cup
crispy shallots	1 sachet	1 sachet
sesame seeds	1 sachet	2 sachets
Japanese dressing	30g	60g
soy sauce*	½ tbs	1 tbs
sirloin steak	1 packet	1 packet
salad leaves	1 bag (30g)	1 bag (60g)
herbs	1 bunch	1 bunch
long red chilli (optional)	½	1

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3532kJ (844Cal)	536kJ (128Cal)
Protein (g)	52.2g	7.9g
Fat, total (g)	49.5g	7.5g
- saturated (g)	23.1g	3.5g
Carbohydrate (g)	44.1g	6.7g
- sugars (g)	9.3g	1.4g
Sodium (mg)	1241mg	188mg

## Allergens

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

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



## Get prepped

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the ends of the **broccolini** and **green beans**, then cut into 3cm pieces. In a medium bowl, combine the **miso paste** (see ingredients) and 1/2 the **butter**. Season with **pepper** and mash with a fork to combine. Set aside.



## Cook the steak

**See Top Steak Tips (below) for extra info!**

Return the frying pan to a high heat. Drizzle the **sirloin steak** with **olive oil** and season with **salt** on both sides. When the pan is hot, cook the **steak** for **2 minutes** on each side for medium-rare, or until cooked to your liking. Using tongs, sear the fat until golden, **30 seconds**. Transfer to a plate, then top with the **miso butter** and set aside to rest.



## Make the potato mash

Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **salt**, **milk** and remaining **butter**, then mash with a potato masher or fork until smooth. Stir through the **crispy shallots** and cover to keep warm.



## Cook the sesame veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **broccolini** and **green beans** with a splash of **water**, tossing, until tender, **5-6 minutes**. Add the **salad leaves** and stir through until just wilted. Add the **sesame dressing** and toss until well combined.



## Make the sesame dressing

While the potato is cooking, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a pestle and mortar and grind the seeds until they are a coarse powder. Transfer to a medium bowl. Add the **Japanese dressing** and **soy sauce**, mix well and set aside.

**TIP:** If you don't have a pestle and mortar, leave the sesame seeds whole.



## Serve up

Finely chop the **herbs**. Thinly slice the **long red chilli** (if using). Slice the sirloin steak. Divide the steak, crispy onion mash and sesame veggies between plates. Spoon any resting juices over the steak. Sprinkle the herbs over the mash and garnish with the chilli.

## Enjoy!

### 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.