



Sirloin Steak & Rosemary Fries

with Goat Cheese & Truffle Mayo

Grab your Meal Kit with this symbol



Potato



Rosemary



Garlic



Green Beans



Baby Broccoli



Lemon



Pine Nuts



Sirloin Steak



Parsley



Italian Truffle Mayonnaise



Goat Cheese

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Calorie Smart

Tonight, fries get an upgrade with a sprinkle of rosemary and garlic for the ultimate injection of flavour. Paired with a mild truffle mayo, tender sirloin steak and lemony sautéed greens, this is restaurant quality cooking in the comfort of your own home.

Pantry items

Olive Oil

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
rosemary	2 sprigs	4 sprigs
garlic	2 cloves	4 cloves
green beans	1 bag (100g)	1 bag (200g)
baby broccoli	1 bunch	2 bunches
lemon	½	1
pine nuts	1 packet	2 packets
sirloin steak	1 packet	1 packet
parsley	1 packet	1 packet
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)
goat cheese	½ packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	459kJ (110Cal)
Protein (g)	50.2g	8.6g
Fat, total (g)	34.1g	5.8g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	30.8g	5.3g
- sugars (g)	5.1g	0.9g
Sodium (mg)	342mg	59mg

The quantities provided above are averages only.

Allergens

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

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

Fancy a drop?

We recommend pairing this meal with Shiraz or Tempranillo



Bake the rosemary fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into fries. Pick and finely chop the **rosemary** leaves. Peel the **garlic** cloves and gently crush using the flat side of a knife. In a small bowl, combine the **rosemary**, **garlic** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). Place the **fries** on a lined oven tray, season with **salt** and drizzle with the **rosemary-garlic oil**. Toss to coat, then bake until tender, **25-30 minutes**.



Get prepped

While the fries are baking, trim and halve the **green beans**. Trim the **baby broccoli**. Zest the **lemon** to get a pinch, then slice into wedges.



Toast the pine nuts

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a second small bowl.



Cook the steak

See Top Steak Tips (below) for extra info ! When the fries have **10 minutes** cook time remaining, return the pan to a high heat. Drizzle the **sirloin steak** with **olive oil** and season with **salt** and **pepper** on both sides. When the pan is hot, cook the **steak** for **2 minutes** each side, for medium-rare, or until cooked to your liking. Using tongs, sear the fat until golden, **30 seconds**. Transfer to a plate and set aside to rest.



Cook the greens

While the steak is resting, return the frying pan to a medium-high heat. Cook the **baby broccoli** with a splash of **water** until tender, **5-6 minutes**. Add the **green beans** and cook until tender, **1-2 minutes**. Remove from the heat, season, then add the **lemon zest** and a squeeze of **lemon juice**.



Serve up

Finely chop the **parsley** leaves. Divide the sirloin steak, rosemary-garlic fries and lemony greens between plates. Spoon over any steak resting juices and dollop with the **Italian truffle mayonnaise**. Crumble the **goat cheese** (see ingredients) over the greens. Garnish with the parsley and toasted pine nuts.

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.