



Sirloin Steak

with Mustard Smashed Potatoes, Spinach and Sundried Tomato Butter Sauce

Nº 19

PREMIUM 40 Minutes



Sirloin Steak



Butter



Sun-Dried
Tomatoes



Salad Potatoes



Flat Leaf Parsley



Wholegrain Mustard



Baby Spinach

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Colander, Frying Pan,

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Butter 7)**	30g	60g	60g
Sun-Dried Tomatoes	1 pot	1 pot	1 pot
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Baby Spinach**	1 small bag	¾ large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	459g	100g
Energy (kJ/kcal)	2542 /608	554/132
Fat (g)	32	7
Sat. Fat (g)	16	4
Carbohydrate (g)	35	8
Sugars (g)	9	2
Protein (g)	45	10
Salt (g)	1.88	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

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.

1. Get Started

Remove the **steaks** and **butter** from the fridge to bring them up to room temperature. Submerge the **sun-dried tomatoes** in a bowl of **hot water** and set aside. Fill and boil your kettle, then fill a large saucepan with the boiled **water**. Return to the boil with a pinch of **salt** for the **potatoes**.



4. Cook the Steak

Put a frying pan on high heat with a drizzle of **oil**. 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. Once browned, lower the heat slightly and cook for another 1-2 mins on each side. **TIP:** This will cook the steak to medium rare - if you like yours less rare just cook for 1-2 mins more.

IMPORTANT: The steak is safe to eat when the outside is cooked. Transfer to a plate, top with the **tomato butter** and leave to rest loosely covered with foil.

2. Cook the Potatoes

Chop the **salad potatoes** into 2cm chunks (no need to peel). Add the **potatoes** to the saucepan of boiling **water** and cook until you can easily slip a knife through, 12-15 mins. Drain in a colander and set aside when cooked.



5. Smash the Potatoes!

While the **steak** rests, return the now empty frying pan to high heat with a drizzle of **oil**. When hot, tip in the drained **potatoes** and lower the heat to medium. Leave to cook, turning occasionally, until browned at the edges, 3-4 mins. Use a fork to roughly smash a few of the **potatoes** - this will give you lots of delicious crispy edges!

3. Make the Butter

Meanwhile, put the **butter** in a small bowl and mash with a fork until soft. Remove the **sun-dried tomatoes** from the **water**, pat dry and finely chop. Finely chop the **parsley** (stalks and all). Stir the **sun-dried tomatoes** and **half the parsley** through the **butter**. Set aside.



6. Serve

Stir the **wholegrain mustard** through the **potatoes** followed by the **spinach**. Lower the heat and leave for a minute to wilt the **spinach** while you slice the **steak**. Slice the **steak** (or serve whole if you prefer) and serve with the **mustard smashed potatoes** alongside. Spoon over the **sun-dried tomato butter sauce** (it should have melted while the steaks rest!) and finish with a sprinkling of remaining **parsley**.

Enjoy!

Contact

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