



# Sirloin Steak, Smoky Wedges & Chorizo Salsa

with a Rocket and Tomato Salad

N° 19

**PREMIUM** 35 Minutes • 1 of your 5 a day



Sirloin Steak



Potato



Smoked Paprika



Vine Tomato



Garlic Clove



Rocket



Chorizo



Red Wine Vinegar

## Before you start

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

### Basic cooking tools, you will need:

Large Baking Tray, Mixing Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Vine Tomato	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Rocket**	1 bag	2 bags	2 bags
Chorizo 7)**	60g	90g	120g
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2810 /672	502 /120
Fat (g)	34	6
Sat. Fat (g)	12	2
Carbohydrate (g)	44	8
Sugars (g)	3	1
Protein (g)	51	9
Salt (g)	2.06	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 14) Sulphites

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

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

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## 1. Roast the Wedges

Preheat your oven to 200°C. Take the **steaks** out of the fridge and pop onto a plate. 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**, and sprinkle on the **smoked paprika** and season with **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## 4. Cook the Steaks

When the wedges have 10 mins left, wipe out the frying pan and return to 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:** Steak is safe to eat when the outside is no longer pink.



## 2. Prep Time

Meanwhile, chop the **tomatoes** into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Take a **quarter** of the **rocket** and finely chop (we will use this as a herb for the salsa). Pop the rest of the **rocket** into a bowl with **half** of the **tomatoes**.



## 5. Finish off

While the **steaks** cook, wash up any dishes and get ready to serve. Dress the **rocket** and **tomato salad** with a drizzle of **olive oil** and toss to coat. Arrange on your plates. When the **steaks** are cooked, transfer to the your chopping board and allow to rest for a couple of mins.



## 3. Start the Salsa

Heat a splash of **oil** in a large frying pan over medium heat. Add the **chorizo** and cook for 2 mins until the **chorizo** starts to release its fragrant **oil**. Add the **garlic** and remaining **tomatoes**. Cook for a minute more. Remove from the heat and stir in the **red wine vinegar** and **olive oil** (see ingredients for amount). Transfer to a small bowl, allow to cool for a minute and then stir in the chopped **rocket**. Salsa made! Keep the pan.



## 6. Serve

Pop the **wedges** onto your plates next to the **rocket salad**. Thinly slice the **steak** and arrange alongside. Finish by spooning the **salsa** over the **steak**.

## 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.