



# Irish Sirloin Steak in Creamy Mustard Sauce

with carrots and crushed baby potatoes

Premium 35-40 mins

13



21 Day Aged Sirloin Steak



Baby Potatoes



Creme Fraiche



Mustard



Beef Stock



Baby Carrots

Pantry Items: Water, Oil, Salt, Pepper



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, pan with lid

## Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Baby Potatoes	500 g	1000 g
Crema Fraiche	110 g	220 g
Mustard	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets
Baby Carrots	150 g	300 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>514.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2609 kJ/ 624 kcal	507 kJ/ 121 kcal
Fat (g)	28.2 g	5.5 g
Sat. Fat (g)	14.8 g	2.9 g
Carbohydrate (g)	51.5 g	10 g
Sugars (g)	7 g	1.4 g
Protein (g)	33.2 g	6.5 g
Salt (g)	1.7 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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### Roast the Potatoes

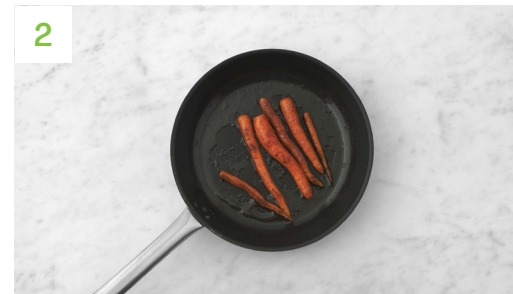
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways (quarter larger pieces) and pop onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out on the tray, cut-side down.
- When the oven is hot, roast the **potatoes** on the top shelf until slightly tender, 15-20 mins.

**TIP:** Use two baking trays if necessary.



### Sear the Steak

- Return the pan to high heat with a drizzle of **oil**.
- Season the **steaks** with **salt** and **pepper**.
- Once hot, fry the **steaks** until browned. Cook for 1-2 mins on each side for medium-rare.
- Cook for another 1-2 mins on each side if you'd like them more well-done.
- Once cooked, remove from pan, cover and allow to rest. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.



### Cook the Carrots

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **carrots** until starting to char, 2-3 mins.
- Add a splash of **water** and cover with a lid or foil.
- Cook until tender, 4-5 mins.
- Once cooked, remove from the pan and cover to keep warm.



### Make the Sauce

- Return the pan to high heat, adding the **creme fraiche** and **stock powder**.
- Cook until thickened, stirring occasionally, 2-3 mins.
- Remove from the heat and stir through the **mustard**.

**TIP:** Add a splash of water to loosen the sauce if required.



### Crush the Potatoes

- When the **potatoes** have been cooking for 15 mins, remove the tray from the oven.
- Use the bottom of a bowl or pan to gently crush each **potato half**.
- Drizzle the **potatoes** with a little more **oil**.
- Return to the top shelf of the oven to cook until crispy and golden, 10-15 mins more.



### Finish and Serve

- Thinly slice the **sirloin** and plate up with the creamy **mustard** sauce drizzled over.
- Serve crushed **potatoes** and tender **carrots** alongside.

**Enjoy!**