



Korean-inspired Irish Sirloin Steak

with spicy mayo, sesame broccoli and roast potatoes

Premium 40-45 mins • **Extra spicy**

13



21 Day Aged Sirloin Steak



Potatoes



Sesame Seeds



Scallion



Gochujang Paste



Mayo



Ketjap Manis



Broccoli



Sweet Chilli Sauce

Pantry Items: Oil, Water, Salt, Pepper, Sugar



Rate your recipe!

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

Aluminium foil, baking sheet with baking paper, pan with lid

Ingredients

	2P	4P
21 Day Aged Sirloin Steak	250 g	500 g
Potatoes	3 units	6 units
Sesame Seeds	1 sachet	2 sachets
Scallion	2 units	4 units
Gochujang Paste	1 sachet	2 sachets
Mayo	2 sachets	4 sachets
Ketjap Manis	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Sweet Chilli Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	615 g	100 g
Energy (kJ/kcal)	3041.8 kJ/ 727 kcal	494.6 kJ/ 118.2 kcal
Fat (g)	31.9 g	5.2 g
Sat. Fat (g)	8.8 g	1.4 g
Carbohydrate (g)	77.7 g	12.6 g
Sugars (g)	14.2 g	2.3 g
Protein (g)	38.5 g	6.3 g
Salt (g)	3 g	0.5 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.

Contact

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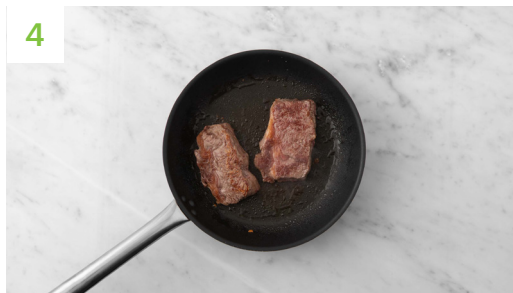
You can recycle me!



Roast the Potatoes

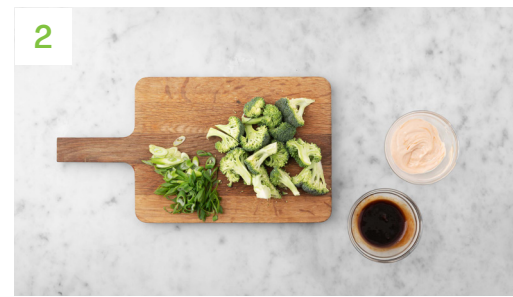
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Pop the chunks onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



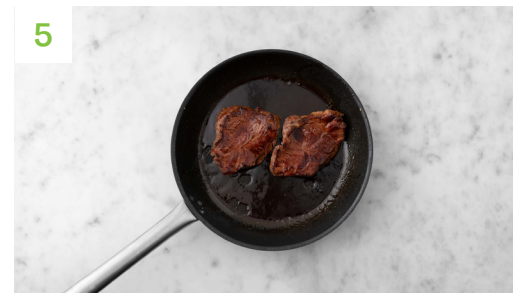
Sear the Sirloin

- Wipe the pan and return to high heat with a drizzle of **oil**.
- Season the **sirloin** with **salt** and **pepper**.
- Once the pan is hot, fry the **sirloin** until browned, 1-2 mins each side for medium-rare.
- Cook for another 1-2 mins on each side if you want it more well-done. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.



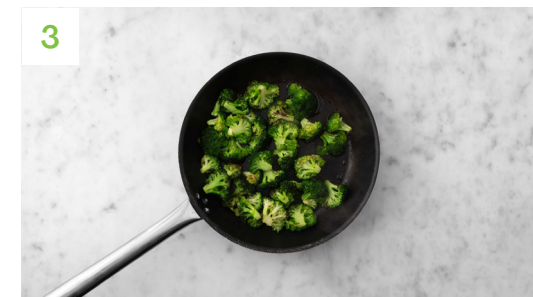
Get Prepped

- Meanwhile, trim and thinly slice the **scallion**.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- To make your glaze, mix **half** the **gochujang**, the **ketjap manis**, 1 tsp **sugar** and 1 tbsp **oil** (double both for 4p) in a small bowl.
- In a separate bowl, mix the **mayo** with as much of the remaining **gochujang** as you like (use less if you don't like spice), then set aside.



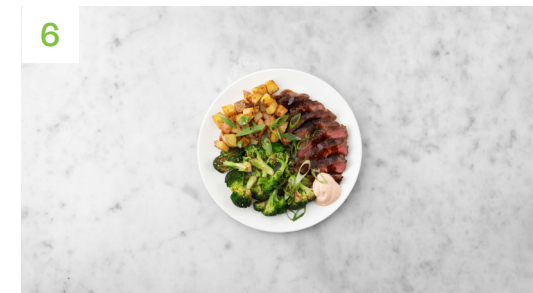
Glaze the Steaks

- When the **steaks** are almost ready, pour the glaze into the pan, cook for 1 min, then remove the pan from the heat.
- Turn the **steaks** in the glaze to evenly coat them.
- Once glazed, transfer the **steaks** from the pan.
- Drizzle the **sweet chilli sauce** over the **steaks**.
- Cover with foil and allow to rest, 1-2 mins.



Cook the Broccoli

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and **sesame seeds** and fry for 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Lower the heat and cook until the **broccoli** is tender, 4-5 mins.
- Season to taste with **salt** and **pepper** then transfer to a bowl and cover to keep warm.



Finish and Serve

- When rested, thinly slice and plate the **steaks**.
- Spoon over any glaze remaining in the pan.
- Serve the **potatoes** and **sesame broccoli** alongside.
- Add a dollop of spicy **mayo** for dipping.
- Finish with a sprinkling of **scallion**.

Enjoy!