



Korean-inspired Irish Sirloin Steak

with spicy mayo, sesame broccoli and roast potatoes

Premium 40-45 mins

13



21 Day Aged Sirloin Steak



Potatoes



Sesame Seeds



Scallion



Red Thai Paste



Chilli



Mayo



Ketjap Manis



Broccoli



Dried Chilli Flakes

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
Red Thai Paste	1 sachet	2 sachets
Chilli	1 unit	2 units
Mayo	2 sachets	4 sachets
Ketjap Manis	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Dried Chilli Flakes	1 sachet	1 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	623 g	100 g
Energy (kJ/kcal)	3029.2 kJ/ 732 kcal	486.2 kJ/ 116.2 kcal
Fat (g)	31.9 g	5.1 g
Sat. Fat (g)	8.8 g	1.4 g
Carbohydrate (g)	72.2 g	11.6 g
Sugars (g)	12 g	1.9 g
Protein (g)	38.5 g	6.2 g
Salt (g)	3.3 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



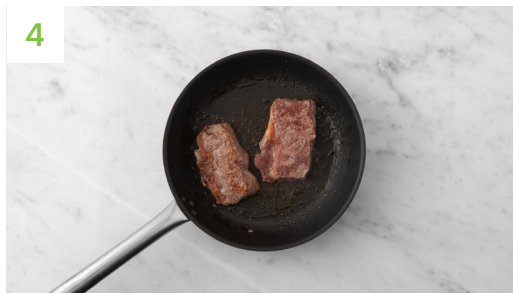
You can recycle me!



Roast the Potatoes

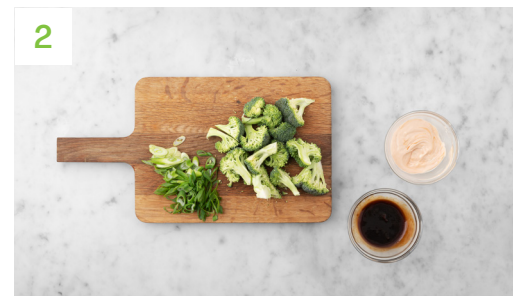
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Pop the chunks onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on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

TIP: Use two baking trays if necessary.



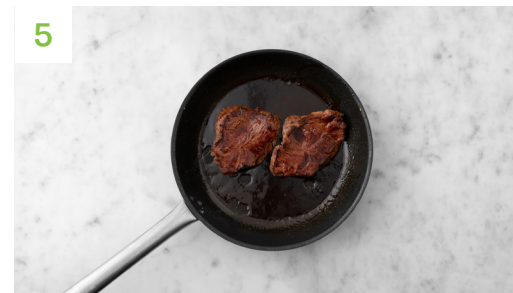
Sear the Sirloin

- 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, halve the **chilli** lengthways, deseed, then thinly slice.
- Trim and thinly slice the **scallion**.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- In a small bowl, mix the **mayo** with the **chilli flakes**, then set aside.
- To make your glaze, in a separate small bowl, mix together the **ketjap manis**, **red Thai paste**, 1 tsp **sugar** and 1 tbsp **oil** (double both for 4p).



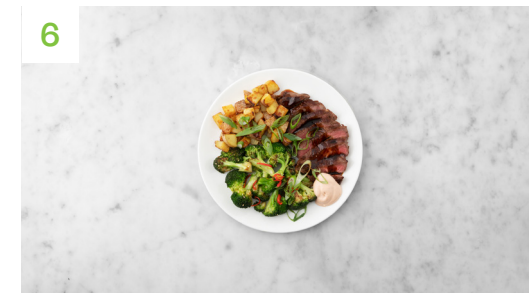
Glaze the Steaks

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



Cook the Broccoli

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, add the **broccoli**, **sesame seeds** and **chilli** (use less if you don't like spice) and fry for 2-3 mins.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Lower the heat and allow to 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 the **steaks** and transfer to your plates.
- Spoon over any remaining glaze from the pan.
- Serve the sesame **broccoli** and **potatoes** alongside.
- Add a dollop of **chilli mayo** for dipping and sprinkle over the **scallion** to finish.

Enjoy!