

Hello Chef!

SIRLOIN BLUE CHEESE STEAK SALAD

with Roasted Veggies and Walnuts



A perfect bistro type dinner!

COOKING TIME: 30 MIN

CALS 487 | PROT 40.1G | CARBS 15.8G | FAT 31.2G



TIPS FOR FUSSY EATERS

Cook the meat medium and slice thinly. Serve with the roasted veggies

PRO TIP

If given the time to rest the meat will lose less juice when you cut it and when you eat it the meat will be juicier and tastier. 5 minutes is a minimum. For a roast we recommend 10-20 minutes.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Sirloin steak	350g	525g	700g
Red onion	1	2	2
Red bell pepper	1	2	2
Carrot	2	3	4
Small zucchini	2	3	4
Balsamic vinegar	5g	7g	10g
Rocket	60g	90g	120g
Blue cheese	40g	60g	80g
Walnuts	20g	30g	40g



1 PREP

Preheat the oven to 240C degrees. Peel and cut **onions** to wedges. Cut bell **peppers** to chunks. Peel and cut **carrots** to coins. Discard **zucchini** ends, and cut **zucchinis** to chunky pieces.



2 ROAST

Combine the veggies in a bowl. Add **olive oil** and stir to coat. Pour on an oven tin lined with baking paper. Roast for 25 minutes. Once ready pour into a bowl and season with **salt**, **pepper**, and **balsamic vinegar**.



3 FRY

Meanwhile heat **oil** in a pan over high heat. Fry the **steaks** 2-3 minutes on both sides until medium-well. Season generously with **salt** and **pepper**. Let rest on a plate for 5- 10 minutes.



4 SERVE

Spread **rocket** leaves on a serving plate. Add the warm roasted veggies. Cut the **steaks** to thin slices and add on the salad. Crumble the **blue cheese**, and chop the **walnuts** on top.

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