



Sticky Flank Steak & Cherry Tomato Salad with Creamy Fetta Potatoes

STEAK NIGHT

KID FRIENDLY

Grab your meal kit
with this number

34



Potato



Fetta Cubes



Dill & Parsley
Mayonnaise



Cucumber



Snacking Tomatoes



Spinach, Rocket
& Fennel Mix



Flank Steak



Sweet & Savoury
Glaze

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Reduced

The sweet and savoury glaze brings so much flavour to juicy flank steaks. Serve with a refreshing and seasoned salad, plus naturally tasty potatoes, which work a treat with the creamy dill & parsley mayo.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| fetta cubes | 1 medium packet | 1 large packet |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet |
| cucumber | 1 | 2 |
| snacking tomatoes | 1 medium packet | 2 medium packets |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| spinach, rocket & fennel mix | 1 small packet | 1 medium packet |
| flank steak | 1 medium packet | 2 medium packets OR 1 large packet |
| sweet & savoury glaze | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2128kJ (508Cal) | 351kJ (83Cal) |
| Protein (g) | 39.6g | 6.5g |
| Fat, total (g) | 23.8g | 3.9g |
| - saturated (g) | 4.6g | 0.8g |
| Carbohydrate (g) | 32.9g | 5.4g |
| - sugars (g) | 11.4g | 1.9g |
| Sodium (mg) | 495mg | 82mg |
| Dietary Fibre (g) | 6.2g | 1g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Merlot or Cabernet Sauvignon

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW25



Cook the potatoes

- Boil the kettle. Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with fork, **12-15 minutes**. Drain and return to saucepan.
- Add **crumbled fetta cubes** and **dill & parsley mayonnaise** to the drained **potatoes**. Mix to combine and season to taste. Cover to keep warm and set aside.



Cook the steak

- **See top steak tips! (left)**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **flank steak** for **4-5 minutes** each side for medium, or until cooked to your liking. Transfer to a plate, cover and rest for **5 minutes**.
- Return frying pan to medium heat.
- Add **sweet & savoury glaze**, a splash of water and any resting juices to the pan. Stir to combine and simmer until slightly reduced, **1-2 minutes**. Season to taste.



Get prepped

- While the potatoes are cooking, slice the **cucumber** into thin rounds. Halve **snacking tomatoes**.
- In a large bowl, combine the **vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **spinach, rocket & fennel mix, tomato** and **cucumber** and toss.



Serve up

- Thinly slice each steak in half and thinly slice each steak across the grain.
- Serve with the creamy fetta potatoes and the garden salad.
- Spoon sweet and savoury glaze over the steak to serve. Enjoy!

TIP: Flank steak has long fibres running through the meat. Cutting across the grain or perpendicular to the fibres helps ensure each bite is tender and easy to chew.

Rate your recipe

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