

Sticky Flank Steak & Cherry Tomato Salad



Grab your meal kit with this number





Potato



Dill & Parsley



Mayonnaise





Spinach, Rocket

& Fennel Mix

Cucumber

Snacking Tomatoes





Sweet & Savoury

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



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

9			
	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

Per Serving	Per 100g
2128kJ (508Cal)	351kJ (83Cal)
39.6g	6.5g
23.8g	3.9g
4.6g	0.8g
32.9g	5.4g
11.4g	1.9g
495mg	82mg
6.2g	1g
	2128kJ (508Cal) 39.6g 23.8g 4.6g 32.9g 11.4g 495mg

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?

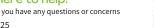
We recommend pairing this meal with Merlot or Cabernet Sauvignon

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





Cook the potatoes

- · Boil the kettle. Cut potato into bite-sized chunks.
- Half-fill a medium saucepan with boiling water and add a generous
- 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.

