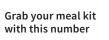


# Flank Steak & Pesto Potatoes

with Sticky Onions & Salad

STEAK NIGHT

KID FRIENDLY









**Chat Potatoes** 







**Brown Onion** 





Basil Pesto

Spinach & Rocket



**Mustard Cider** Dressing

Roasted Almonds



# 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

Oven tray lined with baking paper · Large frying pan

# **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
flank steak	1 medium packet	2 medium packets OR 1 large packet
pear	1	2
cucumber	1	2
brown onion	1	2
butter*	30g	60g
water*	2 tbs	⅓ cup
sweet & savoury glaze	1 medium packet	1 large packet
basil pesto	1 packet	2 packets
spinach & rocket mix	1 medium packet	2 medium packets
mustard cider dressing	1 packet	2 packets
roasted almonds	1 medium packet	1 large packet
* D		

#### \*Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3558kJ (850Cal)	501kJ (120Cal)
Protein (g)	43.8g	6.2g
Fat, total (g)	50.1g	7.1g
- saturated (g)	13g	1.8g
Carbohydrate (g)	52.1g	7.3g
- sugars (g)	22.9g	3.2g
Sodium (mg)	737mg	104mg
Dietary Fibre (g)	15.4g	2.2g

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 Cabernet Franc or Zinfandel



# Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced. Halve chat potatoes.
- Place **potatoes** on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss
- · Arrange cut-side down. Roast until tender, 25-30 minutes.



### Cook the steak

- See 'Top Steak Tips!' (below). 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.



# Get prepped

- While steak is cooking, thinly slice **pear** into wedges.
- Thinly slice cucumber into half-moons.
- Thinly slice brown onion.



# Make the sticky onions

- While steak is resting, return the frying pan to medium heat with a drizzle olive oil. Add onion and cook until softened, 3-4 minutes.
- · Add the butter, the water and sweet & savoury glaze. Stir to combine.
- · Simmer until thickened slightly, 2-3 minutes. Add any **steak resting juices** from the steak. Season to taste.



# Bring it all together

- To the tray with the roasted potatoes, add basil pesto, then toss to combine.
- In a medium bowl, combine. Add spinach & rocket mix, cucumber, pear and mustard cider dressing. Just before serving, toss to combine.



# Serve up

- Cut each steak in half and thinly slice each steak across the grain.
- · Divide flank steak, pesto potatoes and salad between plates.
- Top beef with the sticky onions. Sprinkle roasted almonds over salad 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.

#### **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.



#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



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