



Flank Steak & Mustard Mayo

with Walnut-Cucumber Salad & Sweet Potato Fries

STEAK NIGHT

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Sweet Potato



Flank Steak



Apple



Cucumber



Spinach, Rocket & Fennel Mix



Balsamic Vinaigrette Dressing



Chicken Salt



Walnuts



Mustard Mayo

Prep in: 15-25 mins
Ready in: 40-50 mins

Calorie Smart

You don't have to wait for a special occasion to create this gourmet feast, because we're making tonight, steak night! Enjoy this delectable flank steak, whipped up in 4 quick and easy steps and paired with a few staple sides (sweet potato fries and cucumber salad to be precise). Steak night will quickly take the cake for best night of the week!

Pantry items

Olive Oil

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
sweet potato	2	4
flank steak	1 medium packet	2 medium packets OR 1 large packet
apple	1	2
cucumber	1	2
spinach, rocket & fennel mix	1 medium packet	2 medium packets
balsamic vinaigrette dressing	1 packet	2 packets
chicken salt	1 sachet	2 sachets
walnuts	1 medium packet	1 large packet
mustard mayo	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2375kJ (568Cal)	425kJ (102Cal)
Protein (g)	38.2g	6.8g
Fat, total (g)	27g	4.8g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	42.1g	7.5g
- sugars (g)	23g	4.1g
Sodium (mg)	1118mg	200mg
Dietary Fibre (g)	9.6g	1.7g

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.

1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray.
- Season with a pinch of **pepper**, drizzle with **olive oil** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide between the fries between two trays.

3



Make the salad

- While beef is resting, slice **apple** into thin wedges.
- Thinly slice **cucumber** into rounds.
- In a large bowl combine **apple, cucumber, spinach rocket & fennel mix** and **balsamic vinaigrette**. Toss to combine.

2



Cook the steak

- Meanwhile, 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, season, cover and rest for **5 minutes**.

4



Serve up

- Sprinkle **chicken salt** over fries, toss to coat.
- Cut each steak in half and thinly slice each steak across the grain.
- Divide flank steak, sweet potato fries and cucumber salad between plates.
- Sprinkle **walnuts** over salad and serve with **mustard mayo**. 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.

We're here to help!

Scan here if you have any questions or concerns



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