



Flank Steak & Pesto Potatoes

with Sticky Onions & Orange Salad

STEAK NIGHT

KID FRIENDLY

Grab your meal kit with this number

34



Chat Potatoes



Flank Steak



Orange



Celery



Brown Onion



Sweet & Savoury Glaze



Basil Pesto



Spinach & Rocket Mix



Mustard Cider Dressing



Roasted Almonds

Prep in: 25-35 mins
Ready in: 35-45 mins

This dish gets a tick from every department. It's got tender flank steak, crispy roast potatoes tossed with herby basil pesto and an easy orange salad. Top the beef with sweet and sticky onions and you'll be thanking us later.

Pantry items

Olive Oil, Butter

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
orange	1	2
celery	1 medium packet	1 large packet
brown onion	1	2
butter*	30g	60g
water*	2 tbs	½ 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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3632kJ (868cal)	241kJ (58cal)
Protein (g)	44.8g	3g
Fat, total (g)	50.1g	3.3g
- saturated (g)	13g	0.9g
Carbohydrate (g)	56.4g	3.7g
- sugars (g)	27.7g	1.8g
Sodium (mg)	745mg	49.4mg
Dietary Fibre (g)	16.9g	1.1g

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.

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 10 minutes before slicing.



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 to coat.
- Arrange cut-side down. Roast until tender, **25-30 minutes**.



Make the sticky onions

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



Cook the steak

- **See 'Top Steak Tips!' (below 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 and cover to rest.
- Cut each **steak** in half and thinly slice each **steak** across the grain.

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.



Bring it all together

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



Get prepped

- While steak is cooking, peel, then thinly slice **orange** into wedges.
- Finely chop **celery**.
- Thinly slice **brown onion**.



Serve up

- Divide flank steak, pesto potatoes and orange salad between plates.
- Top beef with the sticky onions to serve.
- Sprinkle **roasted almonds** over salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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