



Flank Steak & Sweet Potato Fries

with Walnut-Cucumber Salad & Mustard Mayo

STEAK NIGHT

CLIMATE SUPERSTAR

Grab your meal kit with this number

34



Sweet Potato



Flank Steak



Apple



Cucumber



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Chicken Salt



Walnuts



Mustard Mayo

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

Protein Rich

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 mix	1 medium packet	2 medium packets
balsamic vinaigrette dressing	1 packet	2 packets
chicken salt	1 medium sachet	2 medium 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)	2370kJ (566cal)	256kJ (61cal)
Protein (g)	38.3g	4.1g
Fat, total (g)	27g	2.9g
- saturated (g)	3.3g	0.4g
Carbohydrate (g)	41.8g	4.5g
- sugars (g)	22.7g	2.5g
Sodium (mg)	1125mg	121.4mg
Dietary Fibre (g)	9.6g	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. Remove steak from fridge 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 10 minutes before slicing.



Bake the 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 the fries between two trays.



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 mix** and **balsamic vinaigrette dressing**.



Cook the steak

- **See 'Top Steak Tips!' (bottom left)**. 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 to taste with **salt** and **pepper** and cover to rest.



Serve up

- To tray with fries, sprinkle over **chicken salt**, tossing 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.
- 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



2024 | CW40

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate