

Beef Flank Steak & Roast Thyme Potatoes

with Fetta & Semi-Dried Tomato Topping

STEAK NIGHT

Grab your meal kit with this number

34



Potato



Thyme



Flank Steak



Lemon Pepper Seasoning



Green Beans



Semi-Dried Tomatoes



Garlic



Carrot



Fetta Cubes



Garlic Aioli

Prep in: 25-35 mins
Ready in: 30-40 mins

Protein Rich

Carb Smart

A bed of golden thyme potatoes lays the base for a steak of joyous proportions. First, tender cuts of flank steak are topped with feta and semi-dried tomatoes. Then, some crisp green beans and carrots round out the meal to make a winner of a steak dinner.

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
potato	2	4
thyme	1 packet	2 packets
flank steak	1 medium packet	2 medium packets OR 1 large packet
lemon pepper seasoning	1 sachet	2 sachets
green beans	1 medium packet	2 medium packets
semi-dried tomatoes	1 packet	2 packets
garlic	1 clove	2 cloves
carrot	1	2
fetta cubes	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2569kJ (614cal)	270kJ (64cal)
Protein (g)	41g	4.3g
Fat, total (g)	34.6g	3.6g
- saturated (g)	5.8g	0.6g
Carbohydrate (g)	34.6g	3.6g
- sugars (g)	13g	1.4g
Sodium (mg)	739mg	77.5mg
Dietary Fibre (g)	11.2g	1.2g

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 Chianti or Cabernet Sauvignon.



Roast the potatoes

- See '**Top Steak Tips**' (below)!
- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Pick **thyme** leaves.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, then sprinkle with **thyme** and a pinch of **salt**.
- Toss to coat, then roast until golden, **20-25 minutes**.



Cook the veggies

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot** with a splash of **water**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Remove from heat, then season with **salt** and **pepper**.

Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 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 5 minutes before slicing.



Cook the flank steak

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- In a medium bowl, combine **flank steak** and **lemon pepper spice blend**, turning **steak** to coat.
- When oil is hot, cook **flank steak** for **4-5 minutes** each side for medium-rare, or until cooked to your liking.
- Transfer to a plate, cover and rest for **5 minutes**.



Make the topping

- To a small bowl, add **semi-dried tomatoes**, **fetta cubes** and a drizzle of **olive oil**. Stir to combine.



Get prepped

- While steak is cooking, trim **green beans**.
- Roughly chop **semi-dried tomatoes**.
- Finely chop **garlic**.
- Cut **carrot** into thin sticks.



Serve up

- Thinly slice steak across the grain before serving.
- Divide beef flank steak, roast thyme potatoes and veggies between plates.
- Spoon over fetta-tomato topping.
- Serve with **garlic aioli**. 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.

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