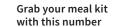


Beef Flank Steak & Roast Thyme Potatoes

with Fetta & Semi-Dried Tomato Topping

STEAK NIGHT







Flank Steak





Lemon Pepper Seasoning



Green Beans



Carrot

Tomatoes





Fetta Cubes



Garlic Aiol



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

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 fetta 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 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**.



Get prepped

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



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.



Make the topping

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



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.

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.



Scan here if you have any questions or concerns



