

# Spiced Beef Steak & Harissa Hummus Pitas

with Rocket Salad & Roasted Seeded Potatoes

STREET FOOD

Grab your meal kit  
with this number

23



Potato



Tomato



Capsicum



Harissa Paste



Hummus



All-American  
Spice Blend



Flank Steak



Spinach & Rocket  
Mix



Pita Bread



Everything Garnish



Garlic Aioli

Prep in: 20-30 mins  
Ready in: 30-40 mins

You can ditch the cutlery with these tasty pita pockets filled with smokey spiced beef, harissa hummus and honey-laced salad. Serve them up with roasted seeded potatoes and garlic aioli for a weeknight meal that's finger-lickingly good!

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
tomato	1	2
capsicum	1	2
harissa paste	1 packet	2 packets
hummus	1 medium packet	1 large packet
all-American spice blend	1 medium sachet	1 large sachet
flank steak	1 medium packet	2 medium packets OR 1 large packet
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
spinach & rocket mix	1 medium packet	2 medium packets
pita bread	2	4
everything garnish	1 sachet	2 sachets
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3789kJ (906cal)	607kJ (97cal)
Protein (g)	51.7g	8.3g
Fat, total (g)	37.4g	6g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	87.3g	14g
- sugars (g)	15.6g	2.5g
Sodium (mg)	1602mg	256.7mg
Dietary Fibre (g)	10.6g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW04



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## Roast the potato

- See **'Top Steak Tips!'** (below). Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



## Toss the salad

- While beef is resting, in a second medium bowl, combine the **honey** and a drizzle of **olive oil** and **vinegar**.
- To the bowl, add **spinach & rocket mix**, **tomato** and **capsicum**, tossing to coat. Season to taste.

### 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.

2



## Get prepped

- Meanwhile, thinly slice **tomato** into wedges.
- Thinly slice **capsicum**.
- In a small bowl, combine **harissa paste**, **hummus** and a splash of **water**. Set aside.

5



## Heat the bread

- Microwave **pita bread** on a plate for **1 minute**, until warmed through.
- To the tray with roasted potatoes, sprinkle over **everything garnish** and toss to coat.

3



## Cook the flank steak

- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **flank steak**, turning to coat.
- When potatoes have **10 minutes** remaining, 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-rare, or until cooked to your liking.
- Transfer to a plate, cover and rest for at least **5 minutes**.

6



## Finish & serve

- Thinly slice beef across the grain.
- Halve pitas then fill with rocket salad and spiced beef steak. Drizzle over harissa hummus.
- Serve with roasted seeded potatoes and **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.

## Rate your recipe

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