



Beef Chimichurri

with Sweet Potato & Broccoli Hash



Make a chimichurri sauce



Sweet Potato



Carrot



Broccoli



Spring Onion



Lemon Oregano Spice Blend



Beef Rump



Parsley



Garlic



Coriander

Pantry Staples



Vinegar (White Or Red Wine)



Butter



Olive Oil

Hands-on: 30 mins
Ready in: 35 mins

Hash, wonderful hash! The slightly higgledy piggedly concoction of sweet potato, veggies and meat never fails to make us feel all warm and cosy inside. To keep this dish light and bright, green chimichurri tops off this tasty offering.

BEFORE YOU START

You will need: **chef's knife, chopping board, large frying pan (with a lid), wooden spoon, medium frying pan, tongs, plate, aluminium foil, garlic crusher** and a **medium bowl**. Let's start cooking the **Beef Chimichurri with Sweet Potato & Broccoli Hash**



1 GET PREPPED

Dice the **sweet potato** (unpeeled) and **carrot** into 1 cm chunks. Roughly chop the **broccoli** (stalks and florets) into 2 cm pieces. Finely slice the **spring onion**.



2 PREP THE HASH

Heat the **butter** and a **dash of olive oil** (to stop the butter burning) in a large frying pan over a medium-high heat. Add the **sweet potato** and **carrot** chunks and cover, stirring occasionally, for **10 minutes**, or until softened. Remove the lid and add another **drizzle of olive oil**. Add the **broccoli** and cook for a further **6 minutes**, or until softened. Add the **lemon oregano spice blend** and cook for **1-2 minutes**, or until fragrant. Add a **pinch of salt** and taste your hash. If you can't taste all the flavours add a little more salt until you can. Stir through the **spring onion** and remove from the heat. Set aside and cover to keep warm.



4 PREP THE CHIMICHURRI

While the beef is resting, finely chop the **coriander** and the **parsley** leaves. Peel and crush the **garlic**.



5 MAKE THE CHIMICHURRI

To make the chimichurri, combine the **coriander, parsley, garlic** and **vinegar** with the **remaining olive oil** in a medium bowl. Season to taste with a **pinch of salt** and **pepper** and mix well.



3 COOK THE BEEF

While the hash is cooking, season the **beef rump** with **salt** and **pepper** on both sides. Heat **1/3** of the **olive oil** in a medium frying pan over a medium-high heat. Cook the beef for **2-3 minutes** on each side. **TIP:** This will give you a medium steak, but cook for a little less time if you like it rare, or a little longer for well done. Transfer to a plate, cover with foil and rest for **5 minutes**. Thinly slice.



6 SERVE UP

Divide the sweet potato and broccoli hash between plates, top with thinly sliced beef and drizzle over the chimichurri sauce.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
sweet potato	400 g	800 g
carrot 🌱	2	4
broccoli	1 head	2 heads
spring onion	1 bunch	2 bunches
butter *	1 tbs	2 tbs
olive oil *	3 tbs	6 tbs
lemon oregano spice blend	½ sachet (½ tbs)	1 sachet (1 tbs)
beef rump	1 steak	2 steaks
coriander	1 bunch	2 bunches
parsley	1 bunch	2 bunches
garlic 🌱	½ clove	1 clove
vinegar * (white or red wine)	1 tsp	2 tsp

*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2820kJ (673Cal)	417kJ (100Cal)
Protein (g)	44.3g	6.6g
Fat, total (g)	34.8g	5.2g
- saturated (g)	9.9g	1.5g
Carbohydrate (g)	38.6g	5.7g
- sugars (g)	19.4g	2.9g
Sodium (g)	214mg	32mg

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