



Herby Seared Steak & Chimichurri Sauce with Flatbread

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2706kJ (647Cal) | Protein 40.9g | Fat, total 28g - saturated 3.9g | Carbohydrate 55g - sugars 15.5g | Sodium 1242mg
Calorie Smart | The quantities provided above are averages only.

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2023 | WK02 | W



Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Beef Rump	1 small pkt	1 large pkt
Chargrilled Capsicums	1 pkt	2 pkts
Chimichurri Sauce	1 medium pkt	1 large pkt

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.

1. Sizzle



Beef Rump



Garlic & Herb Seasoning

2. Toss



Tomato



Apple



Chargrilled Capsicums



Salad Leaves



Balsamic Vinaigrette Dressing

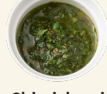
3. Toast



Flatbreads



Flaked Almonds



Chimichurri Sauce

- Place **beef** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef**
- In a large frying pan, heat **olive oil** over high heat
- Cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking
- In the **last min**, sprinkle with **seasoning**, turn to coat
- Transfer to a plate to rest

- Roughly chop **tomato** and **apple**
- In a bowl, combine **tomato, apple, chargrilled capsicums, salad leaves** and **dressing**
- Toss and season

- Toast or grill **flatbreads** to your liking
- Slice **steak**
- Plate up **steak** and **salad**
- Sprinkle with **almonds** and spoon over **chimichurri**
- Serve with **flatbread**



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