



Everything  
But The Chef

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## Hearty Steak with Pumpkin & Spinach Salad

There are certain foods that not only taste great but pull their weight in the nutritional stakes too. The seared steak pulls on your heart strings and gives you that protein hit you need to stay fuller for longer, whilst the roasted pumpkin gives you the sweet taste you are probably craving at the end of the week.



25 mins



level 1



*lactose  
free*



*gluten  
free*



Steak



Cumin



Baby Spinach



Pumpkin



Garlic

2P	4P	Ingredients
4 tbs	8 tbs	olive oil*
200 g	400 g	pumpkin, diced into 2 cm cubes
2 tbs	4 tbs	honey*
1/2 tsp	1 tsp	HelloFresh cumin
1	2	garlic clove, peeled & crushed
440 g	880 g	porterhouse steak
100 g	200 g	baby spinach, washed
2 tbs	4 tbs	balsamic vinegar*

- ⊕ May feature in another recipe
- \* Good to have at home

#### Nutrition per serving

Energy	1290	Kj
Protein	45.7	g
Fat, total	12.2	g
-saturated	3	g
Carbohydrate	2.2	g
-sugars	1	g

#### Measuretool

0 cm	1 cm	2 cm



- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Place the **pumpkin** in a roasting pan and toss with half of the **oil**, the **honey**, **cumin**, **salt**, and **pepper**. Roast for about **20 minutes** or until cooked. Remove from oven to cool slightly.
- 3 Mix the remaining oil and the crushed **garlic** together. Preheat a pan or chargrill to a high heat. Brush the **steaks** with the garlic oil and season well with salt and pepper; then cook for **3-4 minutes** each side for medium rare or until cooked to your liking. Set aside to rest, loosely covered in foil, for **5 minutes**.
- 4 Toss the pumpkin with the **baby spinach** and drizzle with **balsamic vinegar**.
- 5 Slice the steak into strips and serve on top of the pumpkin salad - bon appetite!