



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

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Marinated Steak with Sweet Potato Wedges

If you don't have hours to marinate your meat before cooking, you're going to absolutely love this! Marinating your steak after it's cooked is super quick, and gives you a steak so moist you'll be the talk of the town. Sweet potato wedges work perfectly with this speedy sauce as well.



Prep: 10 mins
Cook: 30 mins
Total: 40 mins



level 1



pantry items



Spring Onions



Garlic



Sweet Potato



Steak



Baby Spinach

2P	4P	Ingredients
400 g	800 g	sweet potato, peeled & cut into wedges A
1 bunch	2 bunches	spring onions, finely sliced
2	4	garlic cloves, peeled & chopped ⊕
¼ cup	½ cup	soy sauce *
1 tbs	2 tbs	sugar *
1 tsp	2 tsp	wholegrain mustard *
1 tsp	2 tsp	balsamic vinegar *
¼ cup	½ cup	olive oil *
2	4	rump steaks
140 g	280 g	baby spinach, washed ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2770	Kj
Protein	43.2	g
Fat, total	35.9	g
-saturated	7.2	g
Carbohydrate	38.2	g
-sugars	20.6	g
Sodium	2220	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **sweet potato** on a lined baking tray, and toss with some olive oil and a good grind of **salt** and **pepper**. Place in the oven for **20-30 minutes** or until golden and crispy.

3 Combine the **spring onions, garlic, soy sauce, sugar, wholegrain mustard, balsamic vinegar**, and a grind of salt and pepper in bowl. Whisk in the **olive oil** until incorporated and the sugar has dissolved then set aside. Pat the **steaks** dry, season with some salt, pepper and a bit more sugar. Heat a greased griddle or frying pan to a high heat, sear steaks on each side for about **2-3 minutes** then transfer them to a large bowl and pour over marinade. Cover the bowl with foil and allow them to rest (flip the steaks after about **5 minutes**).

4 Place a frying pan over a medium heat, toss in the **baby spinach** and allow it to wilt, feel free to add a splash of water if it needs help reducing down.

5 Divide the spinach and wedges between the plates and top each with a steak. Drizzle the marinade over the steaks and serve any remaining marinade in a small jug at the table.



Did you know? Mustard is one of the world's oldest condiments and thought to have originated in India around 3000 BC.