

# **ARGENTINIAN STEAK & CHIMICHURRI**

A juicy tender steak is one thing, but the right condiment takes it to the next level of delicious. Chimichurri, a bright, fresh

and flavoursome South American sauce infused with roasted garlic turns a simply cooked steak into a taste sensation.

with Roasted Veggies





Learn to make a chimichurri sauce









**Sweet Potato** 



**Red Capsicum** 



Coriander



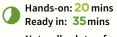


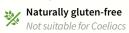
Dijon Mustard



Beef Rump

Pantry Staples: Olive Oil, Red Wine Vinegar, Sugar









Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• oven tray lined with baking paper • medium frying pan



#### **PREP THE VEGGIES**

Preheat the oven to 240°C/220°C fanforced. Using the flat side of a knife or your palm, gently crush each garlic clove in its skin. Halve and peel the **eschalot**. Cut the **sweet** potato (unpeeled) into 1cm chunks. Cut the zucchini into 1cm discs. Cut the red capsicum into 1cm pieces. \*TIP: Cut the veggies to the correct size so they cook in the allocated time!



### **ROAST THE VEGGIES** Place the garlic cloves and veggies on an

oven tray lined with baking paper. \*TIP: Keeping the garlic in its skin will let it flavour the veggies without burning! **Drizzle** with olive oil and season generously with salt and **pepper**. Toss to coat, arrange in a single layer then roast until tender, 20-25 minutes.



## **MAKE THE CHIMICHURRI**

While the veggies are roasting, very finely chop the **coriander** and **parsley**. In a medium bowl, place the coriander, parsley, **Dijon** mustard, red wine vinegar, the salt and sugar. Season with a pinch of pepper, drizzle with olive oil (1 tbs for 2 people / 2 tbs for 4 people) and mix well.



### **COOK THE STEAK**

When the veggies have **10 minutes** remaining, heat a drizzle of olive oil in a medium frying pan over a high heat. Slice each **beef rump** in half to get 1 steak per person and season both sides with salt and pepper. When the oil is hot, add the beef rump and cook for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. \* TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.



#### **FINISH THE CHIMICHURRI**

Remove the roasted **garlic** from its skin (it may be hot!). Chop or mash with a fork and add to the chimichurri along with any steak resting juices. Mix well to combine.

TIP: Seasoning is key in sauces, so taste and add extra salt, pepper or vinegar if you like.



#### **SERVE UP**

Thinly slice the steak. Divide the steak and veggies between plates. Serve with the chimichurri.

**ENJOY!** 

# **INGREDIENTS**

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
eschalot	2	4
sweet potato	2	4
zucchini	1	2
red capsicum	1	2
coriander	1 bunch	1 bunch
parsley	1 bunch	1 bunch
Dijon mustard	<b>1 tub</b> (15 g)	<b>2 tubs</b> (30 g)
red wine vinegar*	1 tsp	2 tsp
salt*	½ tsp	1 tsp
sugar*	½ tsp	1 tsp
beef rump	1 packet	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1900kJ (454Cal)	327kJ (78Cal)
Protein (g)	40.0g	6.9g
Fat, total (g)	14.9g	2.6g
saturated (g)	4.0g	0.7g
Carbohydrate (g)	35.6g	6.1g
- sugars (g)	17.9g	3.1g
Sodium (g)	666mg	115mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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