



ARGENTINIAN STEAK & CHIMICHURRI

with Roasted Veggies



Learn to make a chimichurri sauce



Garlic



Eschalot



Sweet Potato



Zucchini



Red Capsicum



Coriander



Parsley



Dijon Mustard



Beef Rump

Hands-on: 20 mins
Ready in: 35 mins

Naturally gluten-free
Not suitable for Coeliacs

Low calorie

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.

Pantry Staples: Olive Oil, Red Wine Vinegar, Sugar

BEFORE YOU START

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**



1 PREP THE VEGGIES

Preheat the oven to **240°C/220°C fan-forced**. 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!*



2 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**.



3 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.



4 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.*



5 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.*



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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	1 tub (15 g)	2 tubs (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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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