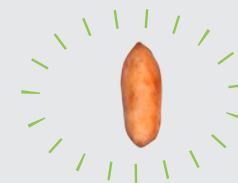




ROMESCO MINUTE STEAKS

with Sweet Potato Mash & Zucchini



Make a sweet potato mash



Sweet Potato



Zucchini



Parsley



Chargrilled Capsicum
Sauce



Beef Minute Steaks

Pantry Staples



Butter



Milk



Water



Olive Oil



Hands-on: 25 mins
Ready in: 35 mins

Romesco is a Spanish sauce, which means a couple of things. Firstly, you really need to get in there and roll your 'R' to fully enjoy this tasty condiment. Trust us it'll feel good. Secondly, you're going to love it. Smokiness, sharpness and brightness, it's all there dancing on your palate to enjoy.

BEFORE YOU — START

You will need: **large saucepan, vegetable peeler, chef's knife, chopping board, colander, clean tea towel, potato masher or fork, medium bowl, large frying pan, spatula, plate and aluminium foil.** Let's start cooking the **Romesco Minute Steaks with Sweet Potato Mash & Zucchini**



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel the **sweet potato** and chop into 2 cm chunks. Slice the **zucchini** into 3 mm circles. Finely chop the **parsley** leaves.



2 COOK THE SWEET POTATO MASH

➕ Add the **sweet potato** to the boiling water and cook for **10-15 minutes**, or until soft when pierced with a knife. Drain, return to the saucepan and mash using a potato masher or fork. Add the **butter** and the **milk** and season with a **pinch of salt and pepper**. Mix well and cover to keep warm.



3 PREP THE ROMESCO SAUCE

While the sweet potato is cooking, combine the **chargrilled capsicum sauce**, the **water (for the sauce)** and **1 tbs** of the **olive oil** in a medium bowl. Set aside.



4 COOK THE ZUCCHINI

Heat **2 tbs** of the **olive oil** in a large frying pan over a medium-high heat. Add the **zucchini** and cook for **2 minutes** on each side, or until golden. Remove the zucchini from the pan and set aside.



5 COOK THE MINUTE STEAKS

Heat **1 tbs** of **olive oil** in the same frying pan over a high heat. Add the **beef minute steaks** and cook for **30 seconds** on each side, or until just cooked through. Remove the beef steaks from the pan and transfer to a plate. Cover with foil and set aside to rest for **3 minutes**.

💡 **TIP:** Resting time is crucial for a juicy steak.



6 SERVE UP

Divide the minute steaks, the sweet potato mash and the zucchini between plates. Spoon over the romesco sauce and sprinkle over the parsley.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
sweet potato	800 g
zucchini ⓘ	3
parsley ⓘ	½ bunch
<i>butter*</i>	1 tbs
<i>milk*</i>	1 tbs
chargrilled capsicum sauce	1 tub (100g)
<i>water* (for the sauce)</i>	1 tbs
<i>olive oil*</i>	4 tbs
beef minute steaks	1 packet

*Pantry Items | ⓘ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2110kJ (505Cal)	368kJ (88Cal)
Protein (g)	39.3g	6.8g
Fat, total (g)	22.0g	3.8g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	34.0g	5.9g
- sugars (g)	15.5g	2.7g
Sodium (mg)	209mg	36mg

→ JOIN OUR PHOTO CONTEST!

📷 📱 📺 #HelloFreshAU

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

hello@hellofresh.com.au

2017 | WK23 | F4

HelloFRESH