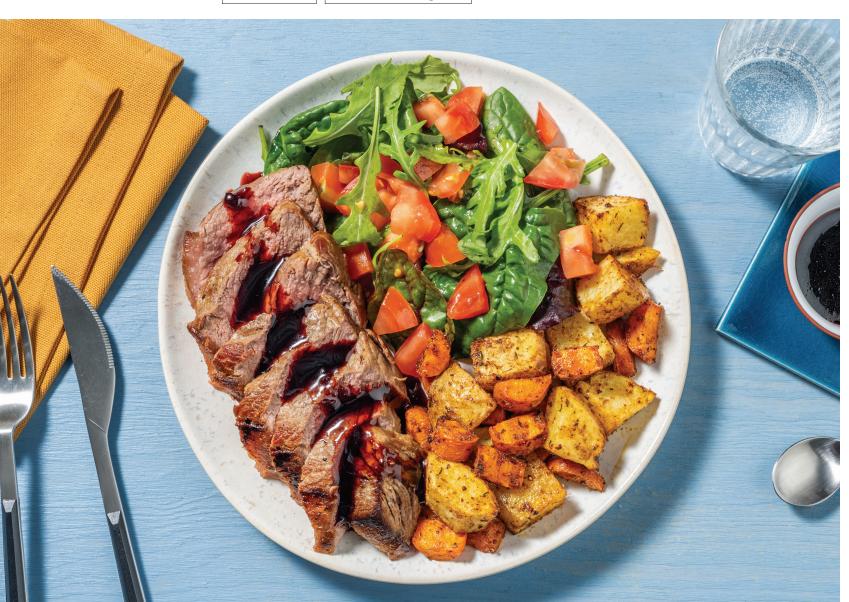
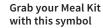
# Cherry-Glazed Steak with Spiced Veggie Chunks & Tomato Salad

KID FRIENDLY

DIETITIAN APPROVED













All-American Spice Blend

Tomato



Cherry Sauce





Beef Rump

Mixed Salad Leaves



**Pantry items** 

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Prep in: 15-25 mins Ready in: 35-45 mins

Calorie Smart

Round out the day with this spectacular steak, drizzled with a sticky-sweet cherry glaze. And for the real 'cherry' on top, we've added mildly-spiced roast veggies and a refreshing garden salad for crispiness and depth of flavour to boot!

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
All-American spice blend	1 medium sachet	1 large sachet
tomato	1	2
garlic	2 cloves	4 cloves
cherry sauce	1 medium packet	1 large packet
balsamic vinegar*	½ tbs	1 tbs
brown sugar*	1 tbs	2 tbs
beef rump	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
venison steak**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2197kJ (525Cal)	<b>405kJ</b> (97Cal)
Protein (g)	38.2g	7g
Fat, total (g)	15.8g	2.9g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	57.1g	10.5g
- sugars (g)	30.9g	5.7g
Sodium (mg)	812mg	150mg
Ottoballa Dalatica		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1931kJ (462Cal)	<b>376kJ</b> (90Cal)
Protein (g)	34.5g	6.7g
Fat, total (g)	10.1g	2g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	57.1g	11.1g
- sugars (g)	30.9g	6g
Sodium (mg)	797mg	155mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns







# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut potato and carrot into bite-sized chunks.
- Place veggies on a lined oven tray. Sprinkle over All-American spice blend, season with salt and drizzle with olive oil. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.
- Meanwhile, roughly chop tomato. Finely chop garlic.
- In a small bowl, combine cherry sauce, the balsamic vinegar, brown sugar, garlic and a splash of water.



# Make the glaze & salad

- While the steak is resting, return the frying pan to medium-high heat. Cook cherry glaze mixture until slightly reduced, 1-2 minutes. Remove from heat. Set aside.
- In a medium bowl, add mixed salad leaves, tomato and a drizzle of white wine vinegar and olive oil. Season and toss to combine.



## Cook the steak

- When the veggies have 10 minutes cook time remaining, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season with salt and pepper.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
  hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until
  cooked to your liking. Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.

**Custom Recipe:** If you've upgraded to venison steak, season venison steak. In a large frying pan, heat a drizzle of olive oil over medium-high heat. When oil is hot, cook venison for 3-5 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and cover to keep warm.



# Serve up

- · Slice seared steak.
- Divide spiced veggie chunks, tomato salad and steak between plates.
- Spoon cherry glaze over steak to serve. Enjoy!

## Rate your recipe