



# Cherry-Glazed Steak

with Spiced Veggie Chunks & Tomato Salad

KID FRIENDLY

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Potato



Carrot



All-American Spice Blend



Tomato



Garlic



Cherry Sauce



Beef Rump



Mixed Salad Leaves



Venison Steak

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>balsamic vinegar*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	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
<b>white wine vinegar*</b>	drizzle	drizzle
venison steak**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2197kJ (525Cal)	405kJ (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

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1931kJ (462Cal)	376kJ (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](https://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

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1



## 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**.

3



## 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.

2



## 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.

4



## 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

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