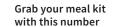


Seared Flank Steak & Garlic Aioli

with Cucumber Salad & Fries

STEAK NIGHT













Garlic & Herb Seasoning



Roasted Almonds Balsamic Glaze





Spinach & Rocket



Garlic Aioli

Prep in: 15-25 mins Ready in: 40-50 mins

Calorie Smart





Fire up the grill and grab your apron - it's steak night! On the menu tonight we have flank steak, the lean and flavourful cut that packs a punch. Let's keep the sides basic and let the star of the show shine - golden fries, fresh salad and a creamy garlic aioli are the perfect sidekicks.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9.			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
beef flank steak	1 medium packet	2 medium packets OR 1 large packet	
apple	1	2	
cucumber	1 (medium)	2 (medium)	
roasted almonds	1 packet	2 packets	
balsamic glaze	1 packet	2 packets	
spinach & rocket mix	1 medium packet	2 medium packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
garlic aioli	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2417kJ (578cal)	254kJ (61cal)
Protein (g)	41.1g	4.3g
Fat, total (g)	22.7g	2.4g
- saturated (g)	3.7g	0.4g
Carbohydrate (g)	50.8g	5.3g
- sugars (g)	30.8g	3.2g
Sodium (mg)	930mg	97.7mg
Dietary Fibre (g)	8.1g	0.9g

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.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- **3.** For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into fries.
- Place fries on a lined oven tray. Season with a pinch of pepper, drizzle with olive oil and toss to coat.
- Bake until tender, 25-30 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Make the salad

- While beef is resting, slice apple into thin wedges.
- Thinly slice **cucumber** into rounds.
- · Roughly chop roasted almonds.
- In a large bowl, combine **balsamic glaze** and a drizzle of **olive oil**. Season.
- Add apple, cucumber and spinach & rocket mix, then toss to combine.



Cook the steak

- See 'Top Steak Tips' (below left)! Meanwhile, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- When oil is hot, cook flank steak for 4-6 minutes each side for medium, or until cooked to your liking.
- Transfer to a plate, season, cover and rest for **5 minutes**.



Serve up

- To tray with fries, sprinkle over **garlic & herb seasoning**, tossing to coat.
- Cut each steak in half and thinly slice across the grain.
- Divide flank steak, fries and cucumber salad between plates.
- · Sprinkle roasted almonds over salad.
- · Serve with garlic aioli. Enjoy!

TIP: Flank steak has long fibres running through the meat. Cutting across the grain or perpendicular to the fibres helps ensure each bite is tender and easy to chew.



Scan here if you have any questions or concerns



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