



# Seared Flank Steak & Garlic Aioli

with Cucumber Salad & Fries

STEAK NIGHT

Grab your meal kit with this number

15



Potato



Beef Flank Steak



Apple



Cucumber



Roasted Almonds



Balsamic Glaze



Spinach & Rocket Mix



Garlic & Herb Seasoning



Garlic Aioli

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

Protein Rich

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

	2 People	4 People
<b>olive oil*</b>	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](https://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.

## We're here to help!

Scan here if you have any questions or concerns



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