

Chimichurri Flank Steak & Garlic Roast Pumpkin

with Zingy Garden Salad

STEAK NIGHT

Grab your meal kit with this number

21




-  Peeled Pumpkin Pieces
-  Garlic
-  Tomato
-  Cucumber
-  Lemon
-  Parsley
-  Chilli Flakes (Optional)
-  Beef Flank Steak
-  Mixed Salad Leaves

Recipe Update
 We've replaced the rocket in this recipe with mixed salad leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
 Ready in: 35-45 mins

 Protein Rich

 Carb Smart

Chimichurri - fun to say, easy to make and delicious to eat! This punchy condiment is made up of parsley, lemon and chilli, and is the perfect accompaniment to a rich and tender steak. A side of garlic roast pumpkin is another mealtime win, bringing warm and cosy flavour to this vibrant meal.

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
butter*	20g	40g
tomato	1	2
cucumber	1 (medium)	1 (large)
lemon	½	1
parsley	1 packet	1 packet
chilli flakes (optional)	1 pinch	1 pinch
beef flank steak	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1630kJ (389cal)	146kJ (35cal)
Protein (g)	36g	3.2g
Fat, total (g)	18.4g	1.6g
- saturated (g)	7.8g	0.7g
Carbohydrate (g)	15.7g	1.4g
- sugars (g)	11.2g	1g
Sodium (mg)	133mg	11.9mg
Dietary Fibre (g)	5.3g	0.5g

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

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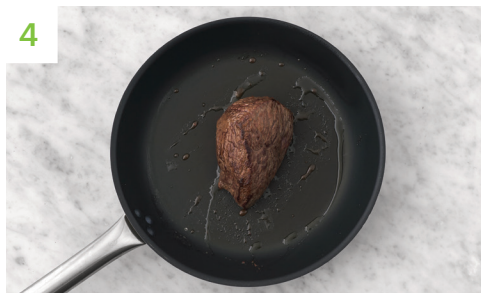
1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. In a small microwave-safe bowl, add the **butter** and **garlic**. Microwave in **10 second** bursts, until melted. Season with **salt** and **pepper**, then set aside.
- In the **last 5 minutes** of roast time, drizzle **pumpkin** with **melted garlic butter**. Return to oven to roast until tender, **5 minutes**.

4



Cook the steak

- Season **flank steak**.
- **See 'Top Steak Tips' (below)!** In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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, cover and rest for **5 minutes**.

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 10 minutes before slicing.

2



Get prepped

- Meanwhile, cut **tomato** into wedges. Slice **cucumber** into half-moons.
- Zest **lemon** to get a pinch, then slice into wedges. Finely chop **parsley**.

5



Toss the salad

- Meanwhile, in a large bowl, combine **tomato**, **cucumber**, **mixed salad leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil**.
- Season to taste.

3



Make the chimichurri sauce

- In a medium bowl, combine **parsley**, a pinch of **chilli flakes** (if using), **lemon zest**, a squeeze of **lemon juice**, a generous pinch of **salt** and **sugar** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Set aside.

6



Serve up

- Cut each steak in half and thinly slice across the grain.
- Divide flank steak, garlic roast pumpkin and zingy garden salad between plates.
- Serve steak with chimichurri sauce and any remaining lemon wedges. 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.

Rate your recipe

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