



# Flank Steak & Zesty Parsley Butter

with Hasselback Kumara & Parmesan Green Bean Salad

STEAK NIGHT

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Orange Kumara



Nan's Special Seasoning



Green Beans



Lemon



Parsley



Beef Flank Steak



Mixed Salad Leaves



Grated Parmesan Cheese

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Steak night is back and better than ever! It's flank steak tonight, tender and juicy, with a dollop of zesty parsley compound butter on top. We've got a fun kumara side as well; our hasselback technique offers the ultimate combo of crispy, fluffy and flavour-packed!

### 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
<b>olive oil*</b>	refer to method	refer to method
orange kumara	2 (medium)	4 (medium)
Nan's special seasoning	1 medium sachet	1 large sachet
<b>butter*</b>	50g	100g
green beans	1 small packet	1 medium packet
lemon	½	1
parsley	1 packet	1 packet
beef flank steak	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	2 medium packets
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1795kJ (429cal)	213kJ (51cal)
Protein (g)	40.5g	4.8g
Fat, total (g)	8.6g	1g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	44.3g	5.3g
- sugars (g)	11.7g	1.4g
Sodium (mg)	506mg	60.2mg
Dietary Fibre (g)	8.4g	1g

The quantities provided above are averages only.

## Allergens

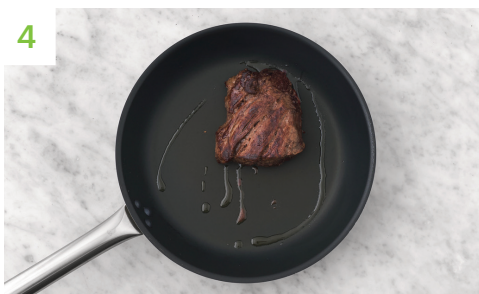
Always read product labels for the most up-to-date allergen information.

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.



## Roast the kumara

- Preheat oven to **240°C/220°C fan-forced**.
- Cut each **kumara** in half lengthways.
- Place **kumara half** flat-side down on a board between two wooden spoon handles (or chopsticks). Thinly slice **kumara** without cutting all the way through.
- Place on a lined oven tray, flat side down and repeat with the remaining **kumara**. Sprinkle over **Nan's special seasoning** and drizzle with **olive oil**.
- Roast until tender, **30-35 minutes**.



## Sear the steak

- **See 'Top Steak Tips' (below)!** Return frying pan to 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, cover and rest for **5 minutes**.

### Top Steak Tips!

1. Remove steak from fridge 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.



## Get prepped

- Meanwhile, to a small bowl, add the **butter** and allow to come to room temperature.
- Trim **green beans**. Zest **lemon** to get a pinch and slice into wedges. Finely chop **parsley**.
- Season **flank steak** generously with **salt** and **pepper** on both sides.



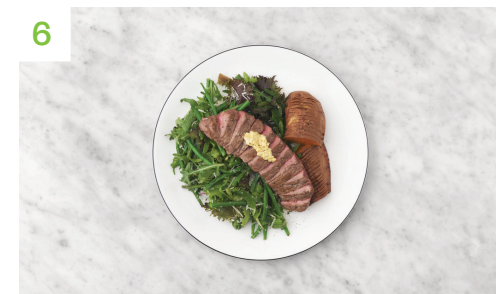
## Toss the salad

- Meanwhile, to the bowl with the **green beans**, add **mixed salad leaves**, **grated Parmesan cheese**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste and toss to combine.
- To the **butter**, add **parsley** and **lemon zest**. Season with **salt** and **pepper** and mash to combine.



## Cook the green beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, until tender, **4-5 minutes**. Transfer to a medium bowl.



## Serve up

- Cut each steak in half and thinly slice steak across the grain.
- Divide flank steak, hasselback kumara and parmesan green bean salad between plates.
- Dollop zesty parsley butter over flank steak to melt. 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

2024 | CW40



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