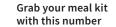


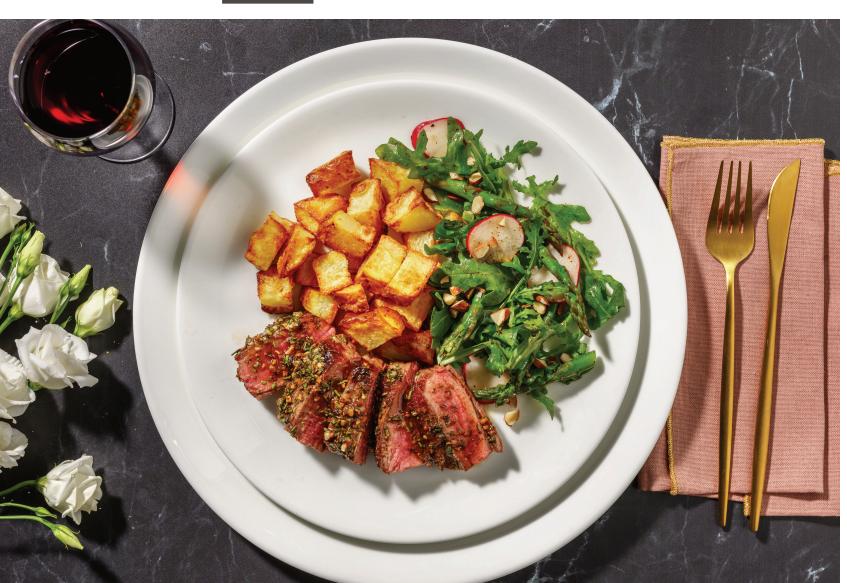
Beef Flank Tagliata & Rosemary Brown Butter

with Roast Potatoes & Asparagus Rocket Salad

STEAK NIGHT











Asparagus



Radish

Roasted Almonds



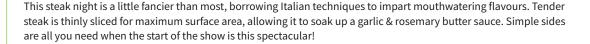






Prep in: 20-30 mins Ready in: 30-40 mins







Olive Oil, Butter, Honey, Balsamic Vinegar

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	
asparagus	1 bunch	2 bunches	
radish	1	2	
roasted almonds	1 packet	2 packets	
garlic	2 cloves	4 cloves	
rosemary	2 sticks	4 sticks	
beef flank	1 medium packet	2 medium packets OR 1 large packet	
butter*	50g	100g	
rocket leaves	1 medium packet	2 medium packets	
honey*	1 tsp	2 tsp	
balsamic vinegar*	drizzle	drizzle	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1992kJ (476cal)	214kJ (51cal)
Protein (g)	42.8g	4.6g
Fat, total (g)	17g	1.8g
- saturated (g)	2.9g	0.3g
Carbohydrate (g)	36.1g	3.9g
- sugars (g)	18.7g	2g
Sodium (mg)	108mg	11.6mg
Dietary Fibre (g)	8.6g	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 aw drop?

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



Roast the potatoes

- See 'Top Steak Tips' (below). Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into bite-sized chunks.
- Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, trim ends of asparagus and halve.
 Thinly slice radish. Roughly chop roasted almonds. Finely chop garlic. Pick and finely chop rosemary leaves.
- Season beef flank steak generously with salt and pepper on both sides.



Cook the asparagus

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook asparagus until tender, 5-6 minutes. Add a dash of water to pan to help asparagus cook. Transfer to a medium bowl.



Cook the steak

- 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.
- Reduce heat to medium, add garlic, rosemary and the butter to the pan and cook until beginning to brown, spooning over the steak, until fragrant, 1 minute.
- Transfer to a plate, cover and rest for 5 minutes.



Toss the salad

- Meanwhile, to the bowl with the asparagus, add rocket leaves, radish, the honey, a drizzle of balsamic vinegar and olive oil.
- Season to taste and toss to combine.



Serve up

- Cut each steak in half and thinly slice across the grain.
- Divide beef flank tagliata, roast potatoes and asparagus rocket salad between plates. Spoon garlic rosemary brown butter over flank steak.
- Sprinkle roasted almonds over salad to serve. 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. Enjoy!

Top Steak Tips!

- 1. Remove steak from fridge 15 minutes before cooking.
- 2. Use paper towel to pat steak dry before seasoning.
- 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 10 minutes before slicing.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



Scan here if you have any questions or concerns