

Beef Flank Tagliata & Rosemary Brown Butter

with Roast Potatoes & Asparagus Rocket Salad

STEAK NIGHT

Grab your meal kit
with this number

21



Potato



Asparagus



Radish



Roasted Almonds



Garlic



Rosemary





Beef Flank



Rocket Leaves

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

 Protein Rich

 Carb Smart

This steak night is a little fancier than most, borrowing Italian techniques to impart mouthwatering flavours. Tender steak is thinly sliced for maximum surface area, allowing it to soak up a garlic & rosemary butter sauce. Simple sides are all you need when the start of the show is this spectacular!

Pantry items

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

	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?

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2024 | CW41



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**.



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**.

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 10 minutes before slicing.



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.



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.



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.



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!

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