



# Seared Flank Steak Diane

with Roasted Potatoes & Garlicky Greens

STEAK NIGHT

Grab your meal kit  
with this number

21



Potato



Broccoli



Asparagus



Garlic



Seasoning Blend



Beef Flank  
Steak



Cream



Chicken-Style  
Stock Powder

Prep in: 20-30 mins  
Ready in: 40-50 mins

Steak Diane - the ultimate retro steak night meal. That creamy sauce is a taste of nostalgia, with rich, savoury notes that meld perfectly with blushing pink steak. With a staple flavour combo like this, you have to keep the sides classic - roast potatoes and some garlic-spiked green beans are all you could possibly need!

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
asparagus	1 bunch	2 bunches
garlic	3 cloves	6 cloves
seasoning blend	1 sachet	2 sachets
beef flank steak	1 medium packet	2 medium packets OR 1 large packet
cream	½ packet	1 packet
<b>balsamic vinegar*</b>	½ tsp	1 tsp
chicken-style stock powder	½ medium sachet	1 medium sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3633kJ (868cal)	300kJ (72cal)
Protein (g)	46.9g	3.9g
Fat, total (g)	55.5g	4.6g
- saturated (g)	32g	2.6g
Carbohydrate (g)	42.6g	3.5g
- sugars (g)	24g	2g
Sodium (mg)	1390mg	114.8mg
Dietary Fibre (g)	10.8g	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.



## 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 flank 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.
- 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, chop **broccoli (including stalk!)** into small florets. Trim ends of **asparagus** and halve. Finely chop **garlic**.
- In a medium bowl, combine **seasoning blend** and a drizzle of **olive oil**. Add **flank steak**, turning to coat.



## Make the Diane sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.
- Stir in **cream (see ingredients)**, the **balsamic vinegar, chicken-style stock powder (see ingredients)** and any **beef resting juices**, then simmer until slightly thickened, **1-2 minutes**. Season with **pepper**.



## Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli** and **asparagus**, tossing, until tender, **6-7 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl, season and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



## Serve up

- Cut each steak in half and thinly slice across the grain.
- Divide seared flank steak, roasted potatoes and garlicky greens between plates. Pour Diane sauce over beef. 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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