

# 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



Garlic



Rosemary



Beef Flank  
Steak



Slivered Almonds



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 mouth-watering 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
asparagus	1 bunch	2 bunches
radish	1	2
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
beef flank steak	1 medium packet	2 medium packets OR 1 large packet
slivered almonds	1 packet	2 packets
<b>butter*</b>	50g	100g
rocket leaves	1 medium packet	2 medium packets
<b>honey*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1986kJ (475cal)	214kJ (51cal)
Protein (g)	42.4g	4.6g
Fat, total (g)	16.7g	1.8g
- saturated (g)	2.9g	0.3g
Carbohydrate (g)	36.6g	3.9g
- sugars (g)	18.6g	2g
Sodium (mg)	107mg	11.5mg
Dietary Fibre (g)	7.3g	0.8g

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.

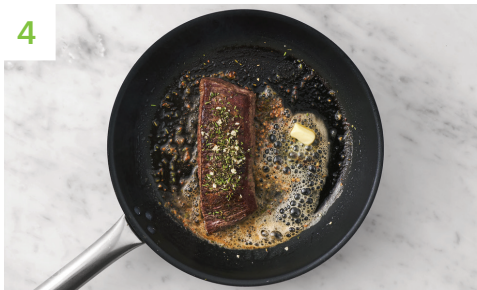
## Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 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.



## Roast the potatoes

- See '**Top Steak Tips**' (left)!
- 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**.



## Get prepped

- Meanwhile, trim ends of **asparagus** and halve. Thinly slice **radish**. Finely chop **garlic**. Pick and finely chop **rosemary leaves**.
- Season **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

- Heat a large frying pan over medium-high heat. Toast **almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- 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 each steak across the grain.
- Divide beef flank tagliata, roast potatoes and asparagus rocket salad between plates.
- Pour garlic rosemary browned butter over flank steak.
- Garnish salad with toasted almonds 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45

