

Flank Steak & Garlic-Parmesan Mash

with Balsamic Veggies & Herby Butter

STEAK NIGHT

Grab your meal kit with this number

21



Courgette



Asparagus



Potato



Garlic



Parsley



Grated Parmesan Cheese



Slivered Almonds



Beef Flank Steak



Balsamic Glaze

Prep in: 25-35 mins
Ready in: 40-50 mins



Protein Rich



Carb Smart

Lean, rich and meaty - all perfect descriptive words for the humble flank steak! This flavourful cut of beef doesn't need fancy sides - tonight, we're having it with cheesy garlic mash and tangy balsamic veggies. A dollop of herb butter will melt into the steak, coating it in extra flavour and decadence. Dig in!

Pantry items

Olive Oil, Butter, Milk

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
asparagus	1 bunch	2 bunches
potato	2	4
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
butter* (for the sauce)	30g	60g
grated Parmesan cheese	1 medium packet	1 large packet
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
slivered almonds	1 packet	2 packets
beef flank steak	1 medium packet	2 medium packets OR 1 large packet
balsamic glaze	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2288kJ (547cal)	221kJ (53cal)
Protein (g)	46.4g	4.5g
Fat, total (g)	24g	2.3g
- saturated (g)	5.3g	0.5g
Carbohydrate (g)	38.1g	3.7g
- sugars (g)	20.3g	2g
Sodium (mg)	287mg	27.7mg
Dietary Fibre (g)	8.4g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



Get prepped

- See '**Top Steak Tips!**' (below). Boil the kettle.
- Thinly slice **courgette** into thin sticks.
- Trim ends of **asparagus**.
- Peel **potato** and cut into large chunks.
- Peel **garlic cloves**.
- Finely chop **parsley**.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Cook the steak

- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until toasted, **3-5 minutes**. Transfer to a second small bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef 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 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.



Make the herby butter

- Place the **butter (for the sauce)** in a small bowl and allow to come to room temperature.
- Add **parsley** to the bowl, season with **salt** and **pepper** and mash to combine.



Cook the veggies

- When beef is resting, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **courgette** and **asparagus**, until tender, **5-6 minutes**.
- Add **balsamic glaze**, tossing to coat, **30 seconds**. Season to taste.



Make the garlic mash

- Half-fill a large saucepan with **boiling water**, then add a generous pinch of **salt**.
- Cook **potato** and **garlic** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**. Drain and return **potatoes** to pan.
- Add **grated Parmesan cheese**, the **butter (for the mash)** and **milk**. Mash until smooth and cover to keep warm.



Serve up

- Cut each steak in half and thinly slice each steak across the grain.
- Divide garlic-Parmesan mash, balsamic veggies and flank steak between plates.
- Top veggies with almonds and flank steak with herby butter 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