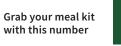


# Flank Steak & Garlic-Parmesan Mash

with Balsamic Veggies & Herby Butter

STEAK NIGHT





















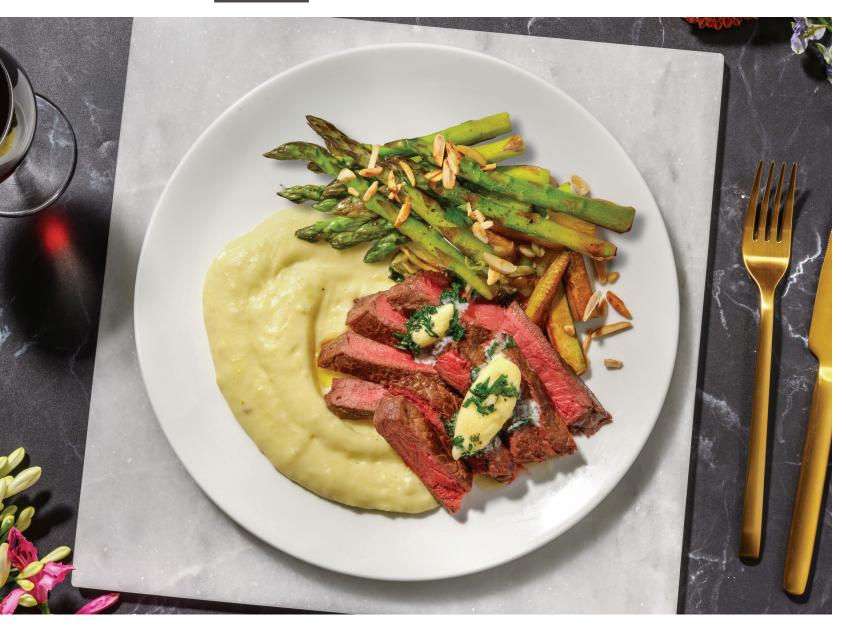


Slivered Almonds





Balsamic Glaze



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

**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!



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

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	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	1/4 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	

<sup>\*</sup>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.



# 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.



## 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.



## 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.



#### 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.



## 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.



## 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.

#### 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.
- 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.



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