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Chimichurri Steak

with Roasted Pepper, Tomato, & Couscous Salad

Chimichurri—an Argentine herb sauce—is one of the most flavorful condiments out there. We're making it with mild parsley and chili flakes for a kick. A touch of cumin and charred roasted peppers gives this couscous salad a slightly smoky flavor—it's perfect with juicy, pan-seared steak.



35 min



level 1



nut free



Sirloin Steak



Parsley



Chili Flakes



Red Wine Vinegar



Couscous



Red Bell Pepper



Grape Tomatoes



Cumin




Shallots



Garlic

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Parsley	¼ oz	½ oz
Chili Flakes 	1 t	1 t
Red Wine Vinegar	2 t	4 t
Couscous 1)	½ c	1 c
Red Bell Pepper	1	2
Grape Tomatoes	4 oz	8 oz
Cumin	1 t	2 t
Shallot	1	2
Garlic	2 cloves	4 cloves
Butter* 2)	½ T	1 T
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Baking Sheet, Small Bowl,
Medium Pot, Large Pan

Nutrition per person Calories: 624 cal | Fat: 28 g | Sat. Fat: 10 g | Protein: 46 g | Carbs: 47 g | Sugar: 6 g | Sodium: 96 mg | Fiber: 4 g

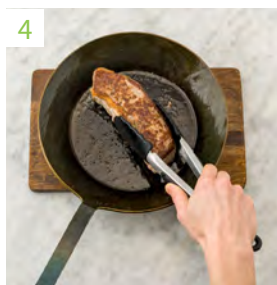
Make sure to wash and dry produce before prepping or cooking!



1 Prep and roast the vegetables: Preheat the oven to 400 degrees. Remove the **steak** from the fridge and bring to room temperature. Halve the **tomatoes**. Core, seed, and remove the white ribs from the **bell pepper**, then cut the pepper into 1-inch cubes. Toss the **tomatoes** and **peppers** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 15 minutes, until very soft.



2 Make the chimichurri: Finely chop the **parsley**. Halve, peel, and mince the **shallot**. Mince or grate the **garlic**. In a small bowl, combine the **parsley**, **2 teaspoons red wine vinegar** (we sent you more), a large drizzle of **olive oil**, and as much **shallot**, **garlic**, and **chili flakes** as you like. Season to taste with **salt** and **pepper**.



3 Cook the couscous: In a medium pot, bring **1 cup water** and a large pinch of **salt** to a boil. Once boiling, add the **couscous** and **cumin**. Cover and remove from the heat until the rest of the meal is ready.

4 Sear the steak: Heat a drizzle of **oil** in a large pan over medium-high heat. Pat dry the **steak** with a paper towel. Season it on all sides with **salt** and **pepper** and add to the pan, cooking for 4-7 minutes per side, or until cooked to desired doneness. Remove from the pan and set aside to rest for 5 minutes.



5 Make the couscous salad: Toss the **roasted vegetables** into the **couscous** along with the **butter** and a pinch of **salt** and **pepper**.

6 Finish and plate: Thinly slice the **steak** and serve on a bed of **couscous salad**. Drizzle with the **chimichurri** and enjoy!

Ruler

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