



# ARGENTINIAN STEAK & CHIMICHURRI

with Roasted Veggies



Learn to make an easy chimichurri



Garlic



Red Onion



Kumara



Capsicum



Courgette



Coriander



Parsley



Dijon Mustard



Beef Rump

Hands-on: **20-30**mins  
Ready in: **35-45**mins

Low calorie

A juicy tender steak is one thing, but the right condiment takes it to the next level of deliciousness. We've added roasted garlic to chimichurri, a bright, fresh and flavoursome South American sauce to give the classic steak and three veg a flavourful upgrade.

**Pantry Staples:** Olive Oil, White Wine Vinegar, Sugar

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



## 1 PREP THE VEGGIES

Preheat the oven to **240°C/220°C fan-forced**. Using the flat side of a knife or your palm, gently crush each **garlic** clove in its skin. Slice the **red onion** into 2cm wedges. Cut the **kumara** and **capsicum** into 1cm chunks. Cut the **courgette** into 1cm discs. **TIP:** *Cut the veggies to the correct size so they cook in the allocated time!*



## 2 ROAST THE VEGGIES

Place the **garlic** cloves and **veggies** on an oven tray lined with baking paper. **TIP:** *Keeping the garlic in its skin will let it flavour the veggies without burning!* Drizzle with **olive oil** and season generously with **salt** and **pepper**. Toss to coat, arrange in a single layer and roast until tender, **20-25 minutes**.



## 3 MAKE THE CHIMICHURRI

While the veggies are roasting, finely chop the **coriander** and **parsley**. In a medium bowl, place the **coriander**, **parsley**, **Dijon mustard**, **white wine vinegar**, the **salt** and **sugar**. Season with a **pinch** of **pepper**, drizzle with **olive oil** (**4 tsp for 2 people / 2 1/2 tbs for 4 people**) and mix well.



## 4 COOK THE STEAK

When the veggies have **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a high heat. Season both sides of the **beef rump** with **salt** and **pepper**. When the oil is hot, add the **beef** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. **TIP:** *This will give you a medium steak. Cook for a little less for rare, or a little longer for well done.*



## 5 FINISH THE CHIMICHURRI

Remove the roasted **garlic** from its skin (it may be hot!). Finely chop or mash with a fork and add to the chimichurri along with any **steak resting juices**. Mix well to combine. **TIP:** *Seasoning is key in chimichurri, so taste and add extra salt, pepper or vinegar if you like.*



## 6 SERVE UP

Thinly slice the steak. Divide the steak and roasted veggies between plates. Drizzle the chimichurri over the steak.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
red onion	1	2
kumara	1	2
capsicum	1	2
courgette	1	2
coriander	1 bunch	1 bunch
parsley	1 bunch	1 bunch
Dijon mustard	1 packet (15g)	2 packets (30g)
white wine vinegar*	1 tsp	2 tsp
salt*	½ tsp	1 tsp
sugar*	½ tsp	1 tsp
beef rump	1 packet	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1640kJ (391Cal)	282kJ (67Cal)
Protein (g)	39.6g	6.8g
Fat, total (g)	15.3g	2.6g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	19.6g	3.4g
- sugars (g)	15.1g	2.6g
Sodium (g)	648mg	112mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
Hello@HelloFresh.co.nz

2020 | WK08

