

Greek Seared Steak Bowl

with Oregano Potatoes, Garlic Sauce & Pickled Onion

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Tomato



Cucumber



Red Onion



Beef Rump



Garlic & Herb Seasoning



Garlic Sauce



Sirloin Steak

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Calorie Smart

Naturally gluten-free
Not suitable for Coeliacs

A warm bed of golden potatoes lays the base for a steak of joyous proportions. Teamed with crisp veggies and pickled onion, it's a delectable meal the whole family will love.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	1 sachet	2 sachets
tomato	1	2
cucumber	1	2
red onion	½	1
white wine vinegar*	¼ cup	½ cup
garlic sauce	1 medium sachet	1 large sachet
beef rump	1 packet	1 packet
garlic & herb seasoning	1 sachet	2 sachets
sirloin steak**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1802kJ (431Cal)	302kJ (72Cal)
Protein (g)	38.7g	6.5g
Fat, total (g)	11.4g	1.9g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	38.9g	6.5g
- sugars (g)	11.3g	6.5g
Sodium (mg)	618mg	103mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2036kJ (486Cal)	349kJ (83Cal)
Protein (g)	45g	7.7g
Fat, total (g)	16g	2.7g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	36.2g	6.2g
- sugars (g)	8.7g	1.5g
Sodium (mg)	629mg	108mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the oregano potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray with the **dried oregano** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Make the salsa

In a medium bowl, combine the **tomato**, **cucumber** and a drizzle of **olive oil**. Season and set aside.



Get prepped

While the potato is roasting, roughly chop the **tomato** and **cucumber**. Thinly slice the **red onion** (see ingredients).



Cook the steak

In a medium bowl, combine the **beef rump**, **garlic & herb seasoning** and a drizzle of **olive oil**. Season. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef rump** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Remove from the heat.

TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.



Pickle the onion

In a small bowl, combine the **red onion**, **white wine vinegar** and a good pinch of **salt** and **sugar**. Add just enough **water** to cover the **onion** and stir to dissolve. Set aside.



Serve up

Drain the pickled **onion**. Slice the beef rump. Divide the oregano potatoes, beef and salsa between bowls. Top with the pickled red onion. Serve with the **garlic sauce**.

Enjoy!



CUSTOM RECIPE

If you've upgraded to sirloin steak, follow the same seasoning and cooking directions as above but cook the sirloin steak for 2 minutes each side for medium-rare or until cooked to your liking. Using tongs, sear the fat for 30 seconds or until golden. Transfer to a plate to rest for 5 minutes before slicing to serve.