

South American Chargrilled Steak & Parsley-Garlic Sauce

with Capsicum Salad, Crumbly Cheese & Creamy Potatoes

Grab your Meal Kit with this symbol



Potato



Chicken-Style Stock Powder



Capsicum



Red Onion



Cucumber



Tomato



Coriander



Chives



Premium Fillet Steak



South American Seasoning



Parsley-Garlic Sauce



Greek Salad Cheese/ Feta Cheese



Creamy Salad Dressing



Dijon Mustard

 Hands-on: 25-35 mins
Ready in: 40-50 mins

Nothing beats a good chargrilled steak that's inspired by South American flavours. Paired with lip-smacking parsley-garlic sauce and warm creamy potatoes, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

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

BBQ · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
capsicum	1	2
red onion	1 (medium)	1 (large)
cucumber	1 (medium)	1 (large)
tomato	1	2
coriander	1 bag	1 bag
chives	1 bag	1 bag
premium fillet steak	1 packet	1 packet
South American seasoning	1 sachet	2 sachets
parsley-garlic sauce	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
Greek salad cheese/ feta cheese	½ packet (25g)	1 packet (50g)
creamy salad dressing	1 large packet	2 large packets
Dijon mustard	1 packet (15g)	2 packets (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2907kJ (694Cal)	395kJ (94Cal)
Protein (g)	44.1g	6g
Fat, total (g)	34.5g	4.7g
- saturated (g)	9.7g	1.3g
Carbohydrate (g)	49.8g	6.8g
- sugars (g)	24.2g	3.3g
Sodium (mg)	1856mg	252mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Cook the potato

Preheat the BBQ to a medium-high heat. Cut the **potato** into bite-sized chunks. Place the **potato** and **chicken-style stock powder** in a large saucepan of water and bring to the boil. Cook until easily pierced with a fork, **10-12 minutes**. Drain and return to the saucepan.



Grill the steak

See Top Steak Tips (below) for extra info!

Grill the **steak** for **3-5 minutes** on each side for medium-rare or until cooked to your liking. Transfer to a plate, then drizzle over the **parsley-garlic sauce**. Cover and leave to rest for **5 minutes**.

No BBQ? In a large frying pan, heat a drizzle of olive oil over a medium-high heat. When oil is hot, cook steak for 3-5 minutes on each side or until cooked to your liking.

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.



Get prepped

While the potato is cooking, roughly chop the **capsicum, red onion, cucumber, tomato** and **coriander**. Thinly slice the **chives**. Place your hand flat on top of the **premium fillet steak** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **South American seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add the **steak** and turn to coat. Set aside.



Bring it all together

While the steak is resting, add the **cucumber, tomato, coriander**, a pinch of **salt** and a drizzle of **olive oil** and **white wine vinegar** to the grilled **capsicum** and **onion**. Stir to combine, then crumble over the **cheese** (see ingredients). In a second medium bowl, combine the **potatoes, creamy salad dressing, Dijon mustard, chives** and a pinch of **salt** and **pepper**. Gently stir to combine.



Grill the capsicum & onion

Grill the **capsicum** and **onion** with a drizzle of **olive oil** on the BBQ flat plate until charred and tender, **4-6 minutes**. Transfer to a medium bowl.

No BBQ? In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook capsicum and onion until tender, 4-5 minutes.



Serve up

Slice the steak. Bring everything to the table to serve. Help yourself to the chargrilled steak and parsley-garlic sauce, capsicum salad and creamy potatoes.

Enjoy!