



TEX-MEX STYLE STEAK

with Sweet Potato Fries & Corn Salsa



Add a Tex-Mex spin to steak



Sweet Potato



Garlic



Beef Rump



Tex-Mex Spice Blend



Roma Tomato



Sweetcorn



Coriander



Lime



Garlic Aioli

Pantry Staples: Olive Oil



Hands-on: **25 mins**
Ready in: **40 mins**



Naturally gluten-free
Not suitable for Coeliacs



Spicy (Tex-Mex spice blend)



Low calorie

Steak, potato and corn is a reliable combination. But turn that steak into a Tex-Mex sensation, add a corn salsa and sweet potato fries and that combination just got extra exciting. The whole meal is colourful, spicy, fresh and fun – transforming your weeknight dinner into a party!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, garlic crusher, large bowl, tongs, sieve, large frying pan, plate, aluminium foil, medium bowl** and a **spoon**.



1 COOK THE SWEET POTATO
Preheat the oven to **240°C/220°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1 cm fries. Place the sweet potato fries on the oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top rack of the oven for **25-30 minutes**, or until golden.



2 ADD FLAVOUR TO THE STEAK
While the potatoes are in the oven, peel and crush the **garlic**. In a large bowl, combine the **beef rump**, garlic, **Tex-Mex spice blend** and **salt** (see ingredients list). Season with **pepper**, **drizzle** with **olive oil** and toss the steaks to coat. Set aside.



3 PREP THE VEG
Finely chop the **Roma tomato**. Finely chop the **coriander**. Drain the **sweetcorn**. Juice the **lime**.



4 COOK THE STEAK
Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add **1/2** the **beef steaks** and cook for **2-3 minutes** each side (depending on thickness), or until cooked to your liking. **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.* Set aside of a plate and cover with foil to rest for **5 minutes**. Repeat with the remaining steak.



5 MAKE THE SALSA
While the steak is resting, in a medium bowl, combine the **Roma tomato**, **coriander** and **sweetcorn**. Add **3 tsp** of **lime juice** and a **drizzle** of **olive oil**. Toss to dress and season to taste with **salt** and **pepper**. **TIP:** *Add more or less lime juice depending on your taste!*



6 SERVE UP
Divide the Tex-Mex steak between plates and spoon over the corn salsa. Serve with the sweet potato fries and the **garlic aioli** on the side.
TIP: *For kids, follow our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	4
garlic	1 clove
beef rump	1 packet
Tex-Mex spice blend	2 sachet
salt*	½ tsp
Roma tomato	2
coriander	1 bunch
sweetcorn	1 tin (300 g)
lime	1
garlic aioli	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2240kJ (536Cal)	447kJ (107Cal)
Protein (g)	39.6g	7.9g
Fat, total (g)	22.7g	4.5g
- saturated (g)	4.8g	1.0g
Carbohydrate (g)	39.5g	7.9g
- sugars (g)	17.7g	3.5g
Sodium (g)	964mg	192mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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