



MAY
2017



Chimichurri Steak

with Roasted Potato Wedges and Green Salad

Chimichurri is an Argentinean herb sauce that pairs exceptionally well with steak. We're kicking off the Victoria Day long weekend with this classic steak and potatoes pairing. If you have a barbecue, we heartily suggest grilling the steak and potatoes on it!

 Prep
30 min



Sirloin Steak



Mini Yukon Potatoes



Spring Mix



Grape Tomatoes



Garlic



Parsley



Cilantro



White Wine Vinegar



Orange Marmalade

Ingredients

	2 People	4 People	
Sirloin Steak	1 pkg (340 g)	2 pkg (680 g)	*Not Included
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)	Allergens
Spring Mix	1 pkg (56 g)	2 pkg (113 g)	1) Sulphites/Sulfites
Grape Tomatoes	1 pkg (113 g)	2 pkg (227 g)	
Garlic	½ pkg (5 g)	½ pkg (5 g)	
Parsley	1 pkg (20 g)	1 pkg (20 g)	
Cilantro	1 pkg (20 g)	1 pkg (20 g)	Tools
White Wine Vinegar	1) 1½ bottles (3 tbsp)	2 bottles (4 tbsp)	Baking Sheets, Small Bowl,
Orange Marmalade	1 pkg (1 tbsp)	2 pkg (2 tbsp)	Large Pan, Large Bowl, Whisk
Olive or Canola Oil*			

Nutrition per person Calories: 588 cal | Fat: 28 g | Protein: 40 g | Carbs: 43 g | Fibre: 5 g | Sodium: 263 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat the oven to 450°F (to roast the potatoes). Start prepping when the oven comes up to temperature!

2 Roast the potatoes: Wash and dry all produce. Cut the **potatoes** into ½-inch wedges. Toss the potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping them over halfway through cooking, until golden-brown, 25-28 min.

3



3 Prep and make the chimichurri: Meanwhile, cut the **tomatoes** in half. Mince or grate **1 clove garlic**. Finely chop the **parsley** and **cilantro**. In a small bowl, combine the parsley, cilantro, **minced garlic**, **1 bottle vinegar** and a drizzle of **oil** – just enough to make it runny! Season with **salt** and **pepper**.

4



4 Cook the steak: Pat the **steak** dry with paper towels, then season with **salt** and **pepper**. Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the steak. Cook for 4-7 min per side, until golden-brown and cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set the steak aside on a plate.

5



5 Make the salad: In a large bowl, whisk the **marmalade**, **½ bottle vinegar** (1 bottle for 4 people) and a drizzle of **oil**. Add the **spring mix** and **tomatoes**. Toss to combine.

6 Finish and serve: Thinly slice the **steak**. Serve with the **potatoes** and **salad**. Top the steak with **chimichurri**. Enjoy!

BBQ Directions: Preheat the BBQ to medium heat. Toss the potato wedges with a drizzle of oil on a large sheet of foil. Wrap it tightly into a flat package. Grill the package until potatoes are fork-tender, 12-15 min. Open the potato packages and place the wedges directly on the grill until grill marks form, 2-3 min per side. Grill the steaks, 4-7 min per side, to your desired doneness.

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