





Grilled Steak with Chimichurri and Roasted Veggies

 30-40min  2 Portions

Chimichurri is a delicious Argentinean salsa that really packs a flavour punch to your grilled meats. Here, we've served it with beef flank - a tender cut of meat that's full of flavour and perfect for grilling, just be sure not to overcook it as it can easily toughen.

What we send

- garlic, coriander, parsley
- grass-fed beef flank steak
- long green chilli
- sweet potato
- red capsicum
- red onion
- chimichurri spice mix
- zucchini
- Vinegar, Red Wine

What you'll require

- extra virgin olive oil
- salt and pepper
- spray oil

Utensils

- baking paper
- chargrill or frypan
- oven tray
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Bringing meat to room temperature ensures that it cooks evenly and that if you like your meat rare or medium rare, it is not cold in the centre.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 560.0kcal, Fat 15.5g, Proteins 38.8g, Carbs 58.5g



1. Prepare vegetables

Preheat oven to 220C. Scrub the **sweet potato** and cut into wedges. Cut the **onion** into wedges. Discard **capsicum** seeds and membranes and thickly slice. Thickly slice the **zucchini**.



2. Roast vegetables

Line an oven tray with baking paper. Place all the **vegetables** except for the zucchini on the tray. Season with **salt and pepper** and lightly spray with **oil**. Roast for 20 mins then add the **zucchini** for a further 10 mins or until golden and tender.



3. Season steak

Meanwhile, season the **steaks** and allow to sit for 5-10 mins before cooking (see cooking tip).



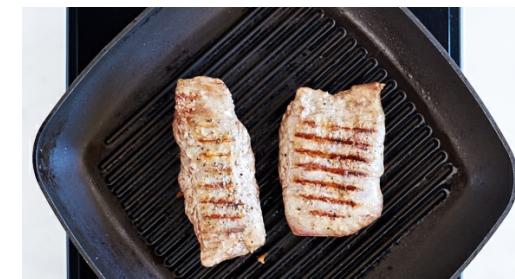
4. Prepare sauce ingredients

Finely chop the **garlic**. Finely chop the **coriander**, including stems and roots. Pick the **parsley** leaves (discard stems) and finely chop. Finely chop the **chilli** (deseed for less heat if you prefer).



5. Make chimichurri sauce

Combine the **garlic, chilli, coriander, parsley, 1 tsp spice mix, red wine vinegar** and 1 tbs **oil** in a small bowl. Season with **salt and pepper** to taste.



6. Chargrill steak

Heat a chargrill on high. Cook the **steaks** for 1-2 mins each side for rare or longer until cooked to your liking. Set aside for 2 mins to rest. Thickly slice the steaks against the grain. Serve with the **roasted veggies** and drizzle with the **chimichurri sauce**.