



Grilled Flank Steak

with Peach Salad



20-30min



2 Portions

After the perfect light and refreshing Summer salad? Look no further, we have it for you! This low-fat, low-carb meal is healthy and delicious - the best combination for the Summer season!

What we send

- coriander, ginger, 1 long red chilli
- mixed leaves
- pepitas
- red onion
- yellow peach
- lime
- grass-fed beef flank steak

What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper

Utensils

- grater
- medium frypan
- paper towel
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Cooking time will vary depending on thickness of cut. When slicing your flank steak, cut across the grain for a more tender piece of meat.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 400.0kcal, Fat 19.4g, Proteins 37.3g, Carbs 15.2g



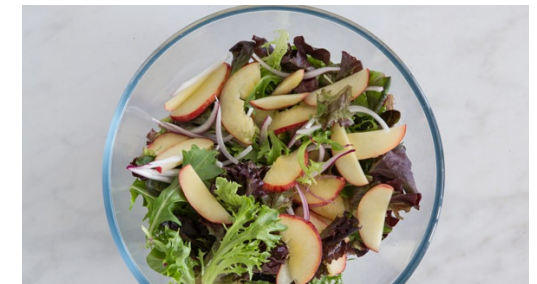
1. Season beef

Trim any excess fat from **steaks**. Peel and finely grate the **ginger**. Combine 2 tsp **oil**, 1 tsp **honey** and **ginger** in a small bowl. Season with **salt and pepper**. Add the steaks and rub the ginger marinade into the meat.



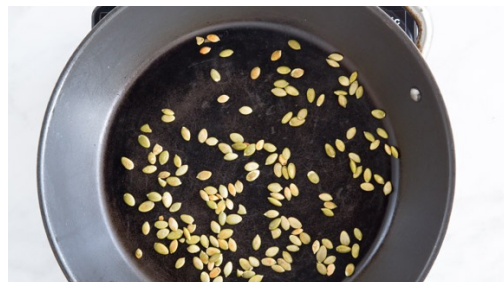
2. Make dressing

Deseed and finely chop the **chilli**. Place in a small bowl with 1 tbs **oil** and 2 tsp **honey**. Zest and squeeze the **lime** over the bowl. Season with **salt and pepper** and stir to combine.



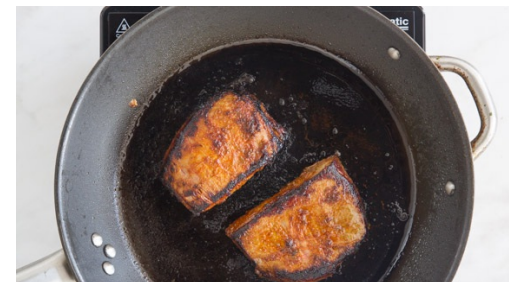
3. Prepare salad

Halve the **peach**, remove stone and slice into thin wedges. Thinly slice the **red onion**. Place the peach, 1-2 tbs onion and **mixed leaves** in a bowl and gently toss to combine.



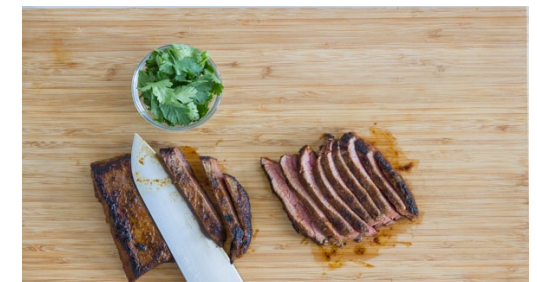
4. Toast pepitas

Heat a medium frypan over medium heat. Cook the **pepitas** for 1-2 mins until toasted and starting to 'pop'. Set aside to cool.



5. Cook beef

Heat the same pan over high heat. Cook the **steaks** for 3-4 mins each side or until cooked to your liking (see cooking tip). Set aside for 5 mins, loosely covered. Meanwhile, wipe the same pan clean and cook the remaining sliced **onion** over medium heat with 2 tsp **oil**, stirring occasionally, for 5 mins or until softened.



6. Get ready to serve

Pick the **coriander** leaves (discard stems and roots) and coarsely chop. Slice the **beef** against the grain (see cooking tip) and arrange with **salad** on plates. Drizzle over the **dressing**. Scatter over the **pepitas** and coriander. Serve with **cooked onion**.