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Thyme-Infused Beef with Chunky Wedges and Green Vegetables



20-30min



4 Portions

You can't beat steak and chips for a thoroughly satisfying meal, and this version, which infuses the beef with an easy thyme marinade, is simply outstanding. Paired with home made rustic chips and a good serve of greens for balance, it ticks all the boxes.

What we send

- zucchini
- grass-fed flank steak
- thyme and garlic
- green beans
- chat potatoes
- broccoli

What you'll require

- butter⁷
- Australian honey
- olive oil
- salt and pepper
- wholegrain mustard¹⁷

Utensils

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

Cooking tip

We suggest serving the adults' vegetables with the mustard dressing and the kids' vegetables with butter.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

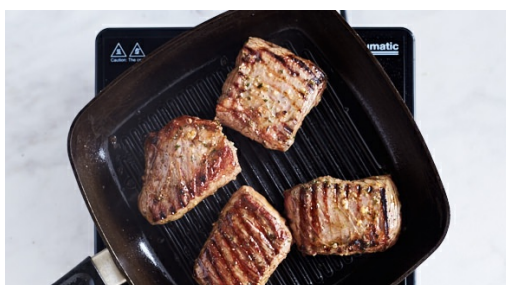
Nutrition per serving

Energy 555.0kcal, Fat 23.5g, Proteins 44.1g, Carbs 36.5g



1. Prepare potatoes

Preheat oven to 220C. Line an oven tray with baking paper. Wash and pat dry the **potatoes**, then cut into 1-2cm thick wedges. Place on the prepared tray, drizzle with 1 tbs **oil** and season with **sea salt**, if desired. Toss to coat. Bake for 25-30 mins until golden and cooked, shaking the tray once during cooking.



4. Cook beef

Heat a chargrill pan over medium-high heat. Chargrill the **beef** for 3-4 mins each side for medium rare, or until cooked to your liking. Set aside to rest for 5 mins.



2. Marinate beef

Meanwhile, bring a large saucepan of water to the boil for the vegetables. Finely chop the **garlic**. Pick the **thyme** leaves (discard stems) and coarsely chop. Combine 2 tbs **oil** with the garlic and the thyme leaves in a shallow dish. Season with **sea salt and pepper**, if desired, then add the **beef** and turn to coat.



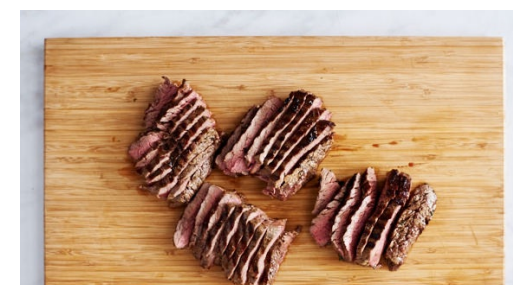
5. Cook vegetables

Combine 1 tbs **oil** with 1 tsp **wholegrain mustard** and 1 tsp **honey** in a small bowl. Cook the **vegetables** in the pan of boiling water for 2-3 mins until tender and just cooked. Drain well. Melt 20g **butter** in the pan (see cooking tip) and remove from heat. Add the vegetables and toss to coat.



3. Prepare vegetables

Trim end of **broccoli** stalk. Thinly slice the stalk and cut head into small florets. Trim ends of **beans** and cut in half. Cut **zucchini** into batons.



6. Get ready to serve

Slice the **steak** against the grain. Divide the **wedges** and steak between plates. Serve with the **vegetables**, drizzling the adults' vegetables with the **honey mustard dressing**.