



MARLEY SPOON



CC: Steak with Chimichurri and Roasted Vegetables

 20-30min  2 Portions

Bring Argentinean flavour to a simple steak dinner with a vibrant chimichurri sauce. This herbaceous condiment balances the freshness of parsley with the acidity of red wine vinegar and the gutsiness of garlic and onion, pairing perfectly with a succulent steak and charred roasted vegetables.

What we send

- sweet potato, red onion
- Vinegar, Red Wine
- Pumpkin, Japanese Portion Cut, Skin ON
- garlic, parsley
- Beef, Sirloin Steak 2x150gm

What you'll require

- olive oil
- sea salt and pepper
- spray oil
- sugar

Utensils

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

Cooking tip

Bringing meat to room temperature first allows for more even cooking. Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 680.0kcal, Fat 30.2g, Proteins 38.3g, Carbs 59.0g



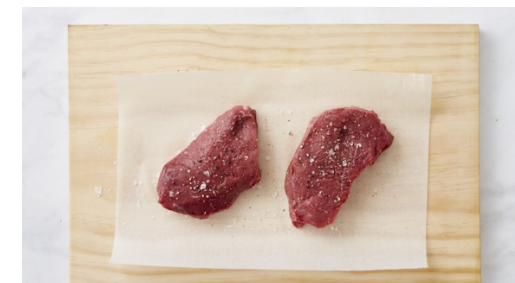
1. Prepare ingredients

Preheat the oven to 220C. Take the **beef** out of the fridge and bring to room temperature (see cooking tip). Line an oven tray with baking paper. Scrub **sweet potato** and cut lengthwise into long wedges. Cut **pumpkin** into 3-4cm chunks. Reserve one-quarter of the **onion** and cut the remainder into thin wedges.



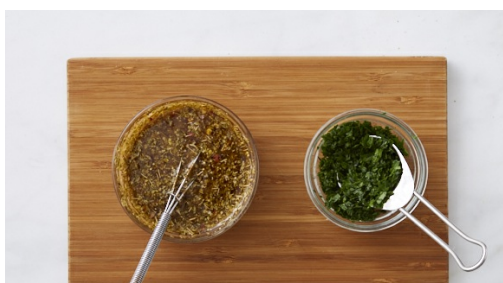
2. Roast vegetables

Arrange the **sweet potato, pumpkin** and **onion wedges** in a single layer on the lined tray. Spray with **olive oil spray** and season with **salt and pepper**. Roast for 15-18 mins until golden and tender.



3. Season beef

Meanwhile, season the **beef** with **salt and pepper**.



4. Make chimichurri

Finely grate the **remaining onion** into a bowl catching any juices. Finely chop the **garlic** and the **parsley** leaves, and add to the onion. Add **1 tbs Chimichurri Spice** (reserve remainder for another use), the **vinegar**, **¼ tsp salt**, the **sugar** and **olive oil**. Stir well to combine. Set aside.



5. Cook beef

Lightly spray a chargrill or frypan with **olive oil spray** and heat over high heat. Cook the **beef** for 2-3 mins each side for medium-rare or for longer until cooked to your liking. Transfer to a plate, loosely cover with foil and set aside to rest for 3 mins.



6. Get ready to serve

Thickly slice the **beef**. Divide beef and roasted vegetables among plates. Drizzle over chimichurri and any resting juices to serve.