



# MARLEY SPOON



## CF: 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
- garlic, parsley
- Vinegar, Red Wine
- Pumpkin, Japanese Portion Cut, Skin ON
- Beef, Sirloin Steak 4x150gm

## 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 590.0kcal, Fat 21.7g, Proteins 33.2g, Carbs 59.3g



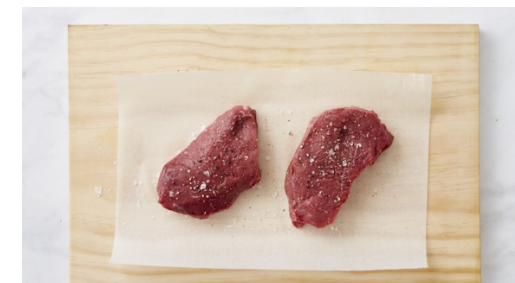
### 1. Prepare ingredients

Preheat the oven to 220C. Take the **beef** out of the fridge and bring to room temperature (see cooking tip). Line 2 oven trays 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.



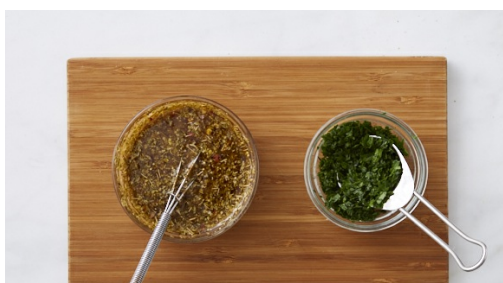
### 2. Roast vegetables

Arrange the **sweet potato, pumpkin** and **onion wedges** in a single layer on the lined trays. 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.