



**HEALTHY**

APPROVED BY  
**NUTRITION AUSTRALIA**

## **Chimichurri Beef Steaks**

with Orange Veggie Smash



20-30min



2 Portions

As part of Nutrition Australia's National Nutrition Week, Marley Spoon Culinary Director Olivia Andrews is a proud ambassador of Tryfor5 - a campaign encouraging Aussies to eat five serves of vegetables per day. Kick off your campaign with this dinner of Chimichurri-marinated beef. It's packed with loads of vegetables so you are well on your way to your daily five.

## What we send

- parsley, garlic
- Chimichurri spice blend <sup>17</sup>
- carrot
- beef rump steak
- green beans
- butternut pumpkin
- sweet potato

## What you'll require

- extra virgin olive oil
- pepper
- red wine vinegar <sup>17</sup>

## Utensils

- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

It is necessary to mince the garlic as it is added, raw, to the chimichurri sauce. Not everyone likes spice. Heat can be avoided by leaving some steak without marinade, simply pan-fry in olive oil.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 545kcal, Fat 24.2g, Carbs 36.2g, Proteins 39.0g



### 1. Cook vegetables

Peel and cut the **pumpkin, sweet potato** and **carrots** into 3cm chunks. Put in a large saucepan, cover with water and bring to the boil over high heat. Reduce heat to medium and cook for 10 mins or until almost tender. Meanwhile, finely chop the **parsley** including the stems and set aside.



### 4. Cook beef

Heat a chargrill or medium frypan over high heat. Cook the **beef** for 2-3 mins each side for medium-rare or until cooked to your liking. Rest for 3 mins.



### 2. Marinate beef

Trim the **beans**. Chop, then mince the **garlic** with the flat side of the knife blade, pressing down on the chopped garlic to crush it finely. Put **half the garlic, 1½ tsp chimichurri seasoning** and **2 tsp extra virgin olive oil** in a large bowl, season with **pepper**, and stir until well combined. Add the **beef** and turn until well coated. (See cooking tips)



### 5. Make chimichurri sauce

Put the **parsley, remaining garlic, remaining chimichurri seasoning, 1½ tbs extra virgin olive oil** and **2 tsp vinegar** in a small bowl and stir to combine.



### 3. Cook beans

Add the **beans** to the pan of vegetables and cook for a further 2 mins. Using tongs, remove the **beans** to a bowl, then cover to keep warm. Drain the **pumpkin, sweet potato** and **carrot**, then return to the pan and cover to keep warm.



### 6. Finish vegetable smash

Lightly smash the **pumpkin, sweet potato** and **carrot** with a large spoon and season with **pepper**. Divide the **beef steaks, vegetable smash** and **beans** among plates. Drizzle over any pan juices and serve with the **chimichurri sauce**.