

MARLEY SPOON



HEALTHY

Chargrilled Beef Steak

with Parsley and Olive Tapenade



30-40min



4 Portions

A perfectly cooked steak needs little embellishment. Here's, it's paired with slices of golden roasted sweet potato slices, fresh spinach leaves and a piquant olive, almond and parsley tapenade, made in moments with the help of a stick blender.

What we send

- 40g slivered almonds ¹⁵
- 4 sweet potatoes
- parsley
- 1 garlic clove

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- olive oil spray
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- baking paper
- small frypan

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

Cooking tip

Take care not to over-blend as the tapenade should have texture, rather than being smooth. If you don't have a blender, finely chop all the ingredients.

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

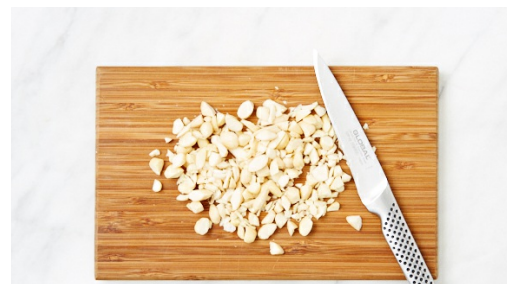
Nutrition per serving

Energy 550kcal, Fat 29.8g, Carbs 29.3g, Proteins 37.3g



1. Roast sweet potatoes

Heat the oven to 220C. Line 2 oven trays with baking paper. Scrub the **sweet potato** and cut widthwise into 5mm-thick rounds. Put on the lined trays, spray with **olive oil** and season with **salt and pepper**. Roast for 25 mins or until golden and tender.



2. Prepare ingredients

Meanwhile, coarsely chop the **almonds**. Coarsely chop the **parsley**, including the stems. Crush or finely chop the **garlic**.



3. Start tapenade

Put **most of the parsley, garlic, almonds** and **olives** in a bowl and blend with a stick blender until combined (see cooking tip).



4. Finish tapenade

Add **60ml (¼ cup) extra virgin olive oil**, **2 tsp white wine vinegar** and **2 tsp Dijon mustard** to the **parsley mixture**. Season with **salt and pepper** and stir to combine.



5. Cook steaks

Heat a chargrill pan over high heat until hot. Spray the **steaks** with **olive oil** and season with **salt and pepper**. Cook for 2-3 mins each side for medium or until cooked to your liking. Remove from the pan and rest for 3 mins.



6. Get ready to serve

Divide the **sweet potato, steak** and **spinach** among plates. Drizzle the **steak** with any **resting juices**, scatter the **remaining parsley** and serve with the **tapenade**.