

# MARLEY SPOON



## Chimichurri Beef Steaks

with Roasted Vegetables



20-30min



2 Portions

Chimichurri, an uncooked condiment of chopped herbs, chilli, garlic, vinegar and oil, evolved in meat-loving Argentina among ex-pat Basques. Endlessly versatile, it can be used as a marinade, sauce or even brushed on bread for grilling. Arguably it's best with beef steak, which is the route we've gone here.

## What we send

- 2 beef rump steaks
- coriander, garlic, mint
- chimichurri spice blend <sup>17</sup>
- potato
- capsicum
- red onion

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- extra virgin olive oil
- olive oil
- olive oil spray
- sea salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- baking paper
- large frypan
- oven tray

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

## Cooking tip

The garlic in the dressing is raw so it needs to be finely minced. You can add a small pinch of salt to the chopped garlic to help mince finely.

## Allergens

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

## Nutrition per serving

Energy 520kcal, Fat 32.0g, Carbs 19.8g, Proteins 35.8g



### 1. Prepare vegetables

**Read through the recipe.** Heat the oven to 200C, fan-forced. Line an oven tray with baking paper. Cut the **potato** into 1.5cm chunks. Slice the **capsicum** into strips, discarding the seeds and membrane. Cut the **onion** into thin wedges.



### 2. Roast vegetables

Put the **potato, capsicum and onion** on the lined tray, drizzle with **1 tbs olive oil**, season with **salt** and toss to coat. Bake for 20 mins or until golden and tender.



### 3. Prepare sauce

Meanwhile, chop **half the garlic\*\***, then press with the flat side of a knife to finely mince (see cooking tip). Finely chop the **coriander** and **mint** leaves, discarding the stems. Combine the garlic, chopped herbs, **1 tsp white wine vinegar** and **2 tbs extra virgin olive oil** in a bowl. Season with **salt and pepper**.



### 4. Finish sauce

Add **1 tsp chimichurri\*\*** to the **dressing** and stir to combine.



### 5. Cook steaks

Heat a medium frypan over high heat until hot. Spray the **steaks** with olive oil and season with **salt and pepper**. Reduce the heat to medium-high and cook the steaks for 3-4 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins.



### 6. Get ready to serve

Toss the **roasted vegetables** to combine. Season with **salt and pepper**. Divide the **steaks** and **vegetables** among plates. Drizzle with the **dressing** to serve.