

MARLEY SPOON



Chimichurri Beef Steaks

with Roasted Vegetables



20-30min



4 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

- capsicum
- chimichurri spice blend ¹⁷
- potato
- 4 beef rump steaks
- coriander
- red onion
- mint, garlic

* 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 ¹⁷

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 27.4g, Carbs 27.3g, Proteins 37.4g



1. Prepare vegetables

Read through the recipe. Heat the oven to 200C, fan-forced. Line an oven tray with baking paper. Cut the **potatoes** into 1.5cm chunks. Slice the **capsicums** 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 **2 tbs olive oil**, season with **salt** and toss to coat. Bake for 20 mins or until golden and tender.



3. Prepare sauce

Meanwhile, chop 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, **2 tsp white wine vinegar** and **60ml (¼ cup) extra virgin olive oil** in a bowl. Season with **salt and pepper**.



4. Finish sauce

Add **2 tsp chimichurri**** to the **dressing** and stir to combine.



5. Cook steaks

Heat a large 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.