



**HEALTHY**

## Steak with Chipotle Sauce

and Roast Potatoes



20-30min



2 Portions

Dips and sauces based on pepitas (pumpkin seed kernels) are common in certain regions of Mexico and they're not just hugely tasty, they're good for you too. Loaded with antioxidants, magnesium, zinc and fatty acids, studies have shown that pepita oil may reduce blood pressure and high cholesterol. Teamed with lean beef, spinach salad and roast potatoes, this version of pumpkin seed sauce is kno...

## What we send

- 6
- 11

## What you'll require

- extra virgin olive oil
- Australian honey
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper
- water

## Utensils

- baking paper
- medium frypan
- oven tray
- small saucepan
- stick blender or food processor

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

## Cooking tip

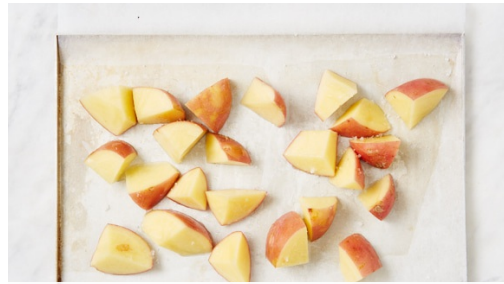
It's important to have the pan very hot before adding the beef, otherwise, it may stew slightly and become tough.

## Allergens

Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 560kcal, Fat 30.4g, Carbs 27.6g, Proteins 40.5g



### 1. Prepare potatoes

**Read through the recipe.** Heat the oven to 220C, fan-forced. Line an oven tray with baking paper. Cut the **potatoes** into 3cm chunks. Put on the lined tray, drizzle with **2 tsp olive oil**, season with **salt** and toss to coat. Roast, turning halfway, for 25 mins or until golden and tender.



### 2. Toast seeds

Meanwhile, put the **sesame seeds and pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan, reserving the pan.



### 3. Make tomato sauce

Crush or finely chop the **garlic**. Combine the garlic, **tomatoes, chipotle sauce, 1 tsp red wine vinegar, 1 tsp olive oil, 2 tsp honey** and **60ml (1/4 cup) water** in a small saucepan and bring to a simmer. Cook for 3 mins to develop flavour.



### 4. Finish tomato sauce

Stir the **seeds** into the tomato sauce and cook for 5 mins until slightly reduced. Using a stick blender, blend until almost smooth. Taste, then season with **salt and pepper**.



### 5. Cook steaks

Heat the reserved frypan over high heat until hot (see cooking tip). Drizzle the **steaks** with **1 tsp 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 5 mins.



### 6. Get ready to serve

Meanwhile, whisk **1 tbs extra virgin olive oil** with **1 tsp red wine vinegar** in a large bowl and season with **salt and pepper**. Add the **spinach** to the dressing and toss to coat. Slice the **steak**. Divide the **sauce, steak, potato** and **spinach salad** among plates to serve.