



Cooking Made Easy



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## Seared Black Pepper Steak Salad with Chimichurri Dressing

Luke has a new hero in his life. The poster on his wall of Taylor Swift has been taken down and replaced by a picture of none other than Nick 'The Knife' Mellin. He's one of the guys behind the family-run butchers, Roaming Roosters, who support local native British breeds, care about animals and support other local farmers. Located in Lancashire, the gorgeous free-range meat from their farm is what's hitting your plate. Check out how great these guys are at [www.roamingroosters.co.uk](http://www.roamingroosters.co.uk).



25 min



level 2



healthy



gluten-free



spicy

## Ingredients

	2P	4P
Flank Steak (g)	300 grams	600 grams
New Potatoes (g)	300 grams	600 grams
Fresh Parsley, chopped	½ bunch	1 bunch
Fresh Oregano Leaves, chopped	1 tsp	2 tsp
Black Peppercorns	2 tbsp	4 tbsp
Red Wine Vinegar <sup>1</sup>	1 tbsp	2 tbsp
Red Chilli Flakes	¼ tsp	½ tsp
Baby Spinach	½ bag	1 bag
Garlic Clove	2	4

⊕ May feature in another recipe

\* Good to have at home

## Allergens

1) Sulphites

## Nutrition per serving

Calories: 453kcal,  
Protein: 48g, Carbs: 34g,  
Fat: 14g, Saturated Fat: 5g

## Measuretool

0 cm    1 cm    2 cm  
|        |        |



**1** Remove the steak from the fridge and take it out of its packaging. Rub a very light coating of olive oil on the steak. Do this an hour before you start cooking if possible to give the steak time to come to room temperature – this ensures that the meat cooks more evenly!



**2** Add the potatoes to a medium sized pan of water with ½ tsp salt and bring to a boil. Cook the potatoes for 12-15 mins until they are soft enough to slip a knife through.

**3** Very finely chop the garlic clove, sprinkle with a little salt and mash to a paste with the flat part of your knife or the back of a spoon. Chop the parsley and oregano very finely. Crack the peppercorns in a pestle and mortar or with the back of a spoon.

**4** Mix the garlic, parsley and oregano with the chilli flakes and red wine vinegar. Using a fork, whisk the garlic and herbs together with 3 tbsps good quality olive oil to make the chimichurri dressing.



**5** Heat a large frying pan until it is VERY hot (watch your fingers!). Sprinkle each side of the steak with a good pinch of salt and the cracked black peppercorns. You can sift your cracked peppercorns to remove any pepper dust and leave a nice crunchy crust.

**6** Place the steak in the pan and sear on each side for 2-3 mins (less if you like it really rare, or a bit longer for slightly more well done). When cooked, remove from the pan and set on a board to rest for 3-4 mins. Don't move the steak when it is in the pan so you get a nice colour and rest it so that it stays juicy!



**7** Drain the potatoes, slice in half and add to a salad bowl, wash the spinach leaves thoroughly and add these too. Dress the potatoes and spinach with 2 tbsps of the dressing. Slice the steak diagonally against the grain of the meat into thin strips and lay on top of the salad. Drizzle the steak with the remaining dressing and tuck in!

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