



# Beef Sizzler Steaks

with Asparagus, Mangetout and Potato Salad

N° 12

**EXTRA RAPID** 10 Minutes • 1.5 of your 5 a day



Pre-Cooked Baby Potatoes



Asparagus



Italian Seasoning



Mangetout



Basil Pesto



Balsamic Vinegar



Beef Sizzler Steaks

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Frying Pan, Measuring Jug and Mixing Bowl.

### Ingredients

	2P	3P	4P
Pre-Cooked Baby Potatoes**	1 pack	1½ packs	2 packs
Asparagus**	1 small pack	¾ large pack	1 large pack
Italian Seasoning	1 pot	1½ pots	2 pots
Mangetout**	1 small pack	1 large pack	1 large pack
Water for the Asparagus*	2 tbsp	3 tbsp	4 tbsp
Basil Pesto 7)	1 pot	1½ pots	2 pots
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Beef Sizzler Steaks**	4	6	8

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	414g	100g
Energy (kJ/kcal)	1858 /444	449 /107
Fat (g)	14	3
Sat. Fat (g)	4	1
Carbohydrate (g)	38	9
Sugars (g)	7	2
Protein (g)	41	10
Salt (g)	0.66	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped

- Heat a drizzle of **oil** in a frying pan on high heat.
- While the **oil** is getting heating, halve the **potatoes**.
- Trim the bottom 2cm from the **asparagus**.
- Chop the **asparagus** into 3 pieces.

## 2. Cook the Veg

- Add the **potatoes** to the hot pan, season with **salt** and **pepper** and fry until starting to get some colour, 3-4 mins.
- Once cooked, stir in the **Italian seasoning**, then remove from the pan and set aside.
- Add the **mangetout** and **asparagus** to the pan with the **water** (see ingredients for amount), a pinch of **salt** and **pepper**.
- Cover with a lid or some tin foil, lower the heat to medium. Leave to steam until the **veg** are tender, 3 mins.
- Meanwhile, pop the **pesto** in a large bowl with the **balsamic vinegar** and **olive oil** (see ingredient list for amount).

## 3. Make the Dressing

- Season the **steaks** with a pinch of **salt** and **pepper**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.
- Once the **veg** are cooked, add them to the large bowl with the **dressing** and toss together.
- Wipe out your pan and pop back on high heat with a drizzle of **oil**. Lay the **steaks** in the pan and fry for 45 seconds each side (this will cook them medium rare). **IMPORTANT:** The steak is safe to eat when the outside is brown. Once cooked lay them on a board.
- Spoon the **potato** and the **pesto salad** onto plates, thinly slice the **steaks** and lay on top. Spoon on any remaining **pesto sauce** from your empty veg bowl on top of the **steaks**.

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.