Matured Harissa Sirloin Steak
with Sweet Potato Wedges and Chimichurri Beans

PREMIUM 40 Minutes • Little Heat • 2.5 of your 5 a day

Sirloin Steak

Sweet Potato

Baby Plum Tomatoes

Green Beans

Garlic Clove

Flat Leaf Parsley

Red Wine Vinegar

Harissa Paste

Before you start

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

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Frying Pan and Plate.

Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Sweet Potato**	2	3	4
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Harissa Paste	1 sachet	1½ sachets	2 sachets

*Not Included   ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	649g	100g
Energy (kJ/kcal)	2923 /699	450 /108
Fat (g)	31	5
Sat. Fat (g)	9	1
Carbohydrate (g)	62	10
Sugars (g)	22	3
Protein (g)	44	7
Salt (g)	0.78	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

14) Sulphites

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

1. Cook the Wedges

Preheat your oven to 200°C and remove the **steak** from the fridge. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.

2. Get Prepped

Halve the **tomatoes** and trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all). Put the **red wine vinegar** in a bowl and add the **olive oil** (see ingredient list for amount) and **half** the **parsley**. Season with **salt** and **pepper**. Mix and set aside.

3. Fry the Steak

Heat a drizzle of **oil** in a frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. Lower the heat slightly and cook for another 1-2 mins on each side for medium rare. **TIP:** *Cook for 1-2 mins more on each side if you like it more cooked.* **IMPORTANT:** *The steak is safe to eat when the outside is browned.*

4. Finish the Steak

Once the **steak** is cooked, place onto a plate. Divide the **harissa paste** between the tops of the **steaks** and spread it out with a spoon. Cover with foil and leave to the side to rest while you cook the beans.

5. Cook the Beans

Pop your pan back on high heat and add a drizzle of **oil** if the pan is dry. Add the **beans** and season with **salt** and **pepper**. Stir fry until starting to char, 2-3 mins. Reduce the heat to medium and add the **tomatoes** and **garlic** to the pan and stir fry with the **beans** until softened, 2-3 mins. Remove from the heat and add the dressing to the pan. Toss to coat.

6. Finish and Serve

Serve the **steak** on plates with the **chips** and **beans** alongside. Drizzle over the **resting juices**, sprinkle the remaining **parsley** over the **harissa steak**.

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.