

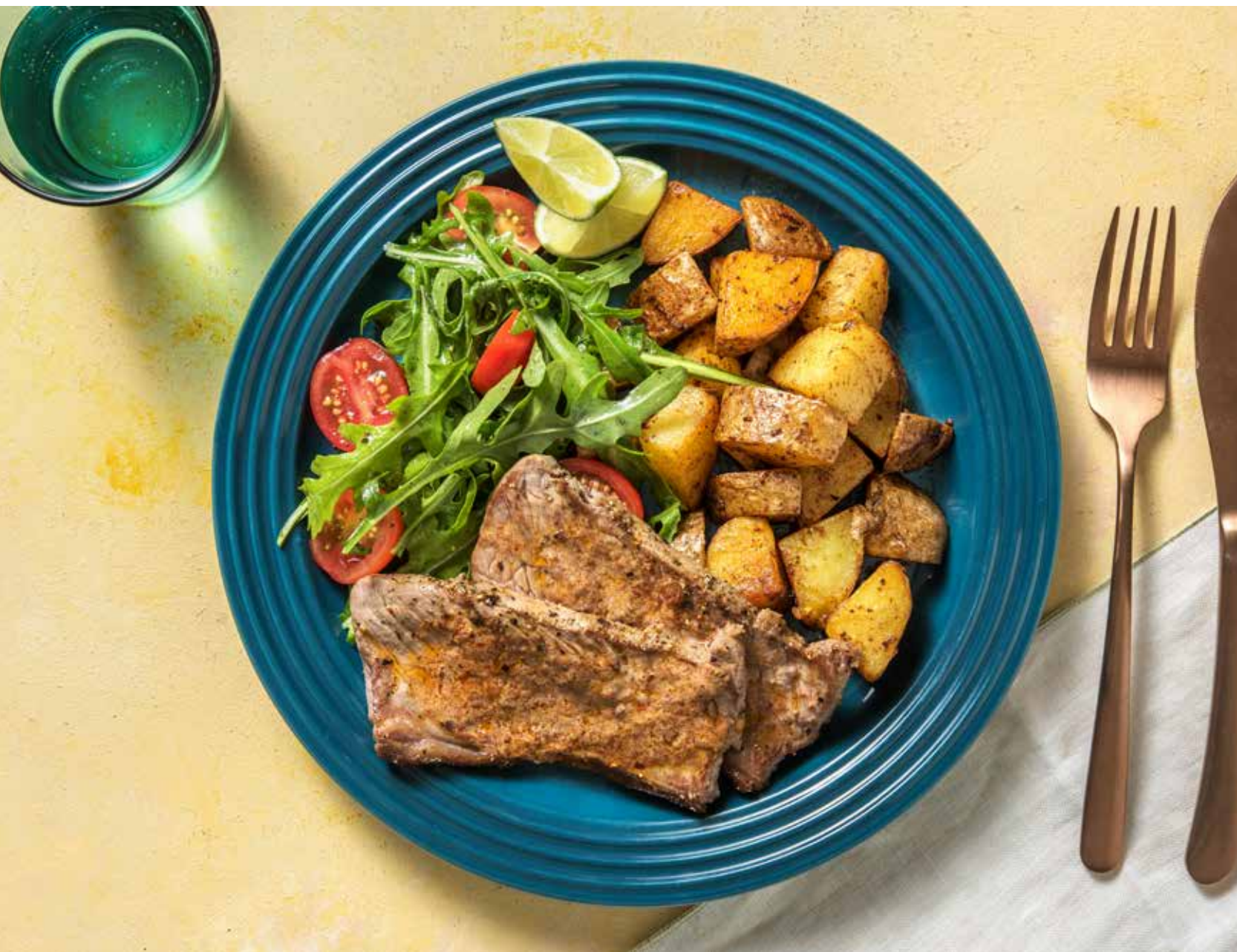


# Minute Steaks & Chipotle Butter

with Chipotle Potatoes and Zesty Tomato and Rocket Salad

**Extra Rapid** 10 Minutes • Medium Spice • 1 of your 5 a day

27



Butter



Pre-Cooked  
Diced Potato



Baby Plum Tomatoes



Lime



Honey



Chipotle Paste



Beef Sizzler Steaks



Rocket

## Before you start

All our fruit and veggies need a little wash before you use them.

## Cooking tools, you will need:

Two Frying Pans, Chopping Board, Sharp Knife, Mixing Bowl and Small Bowl.

## Ingredients

	2P	3P	4P
Butter <b>7)</b> **	30g	45g	60g
Pre-Cooked Diced Potato**	1 pack	2 packs	2 packs
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lime**	½	1	1
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the dressing*	1½ tbsp	2 tbsp	3 tbsp
Chipotle Paste	1 sachet	1 sachet	2 sachets
Beef Sizzler Steaks**	4 steaks	6 steaks	8 steaks
Rocket**	1 bag	1½ bags	2 bags

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2038 / 487	484 / 116
Fat (g)	18	4
Sat. Fat (g)	10	2
Carbohydrate (g)	44	10
Sugars (g)	12	3
Protein (g)	37	9
Salt (g)	0.58	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

### Thumbs up or thumbs down?

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**HelloFresh UK**

Packed in the UK

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 You can recycle me!



1



2



3



## Get started!

**a)** Remove the **butter** from the fridge to allow it to soften slightly.

**b)** Heat a drizzle of **oil** in a large frying pan on high heat.

**c)** Once hot, add the **potatoes**, season with **salt** and **pepper** and fry, turning occasionally, until golden brown and crispy, 8-9 mins.

**d)** Meanwhile, halve the **tomatoes**

**e)** Halve the **lime**.

## Salad Time!

**a)** In a large bowl mix together the **honey**, juice from **half** the **lime** and **olive oil** (see ingredients for amounts), season with **salt** and **pepper** and set aside.

**b)** Cut any remaining **lime** into wedges.

**c)** Pop the **butter** and **half** the **chipotle paste** into a bowl, season with **salt** and **pepper** and mix together until well combined. **TIP:** If your butter is too solid you can pop it in the microwave in a microwave proof bowl for 5-10 seconds until slightly softened.

## Steak Time!

**a)** Heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **steaks**, season with **salt** and **pepper** and cook for 45 seconds on each side. **IMPORTANT:** The steak is safe to eat when the outside is browned.

**b)** Once cooked, transfer the **steaks** to a plate and divide the **chipotle butter** between them.

**c)** Stir the remaining **chipotle** through the **potatoes** and cook for 30 seconds.

**d)** When everything else is ready, add the **tomatoes** and **rocket** to the bowl with the **dressing** and toss together to coat.

**e)** Serve the **potatoes**, **salad** and any **lime wedges** (for squeezing over) alongside the **chipotle buttered 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.