



Steak and Chipotle Sauce

with Roasted Sweet Potato and Pepper



HELLO SWEET POTATO

Sweet potatoes are roots, unlike normal potatoes which are tubers.



Diced Sweet Potato



Red Pepper



Shallot



Coriander



Rump Bistro Steak



Chipotle Paste



Chicken Stock Pot



Crème Fraiche

MEAL BAG

20 mins

Rapid recipe

2 of your 5 a day

Medium heat

As quick fix recipes go, it's pretty hard to beat the showstopping simplicity of a 20-minute steak. Being short of time should never stand in the way of creating delicious flavours, and in tonight's dish we're showing you how. Perfectly cooking a piece of steak can seem daunting if you haven't had much practice. A top tip from Chef Andre is to rest your steak once you've cooked it. This will allow the juices to spread evenly through the meat, giving you a much more succulent steak.

GET PREPARED!

Preheat the Oven to 220°C.

BEFORE YOU START

Preheat the Oven to **220°C**. Wash the veggies. Make sure you've got some **Baking Paper**, a **Baking Tray**, **Peeler** and **Frying Pan**. Let's start cooking the **Steak and Chipotle Sauce with Roasted Sweet Potato and Pepper**.



1 SWEET POTATO TIME

- Spread out the **diced sweet potato** on a lined baking tray and drizzle with **oil**. Season with **salt** and **pepper**.
- Toss to coat and roast on the top shelf of the oven for 18-20 mins, turn halfway through cooking.



2 ROAST THE PEPPER

- Halve the **red pepper**, discard the core and seeds.
- Cut the **pepper** into thin slices.
- Pop the **pepper** on the tray with the **sweet potato**.
- Toss the **veggies** together and return to the oven for the remaining cooking time.



3 PREP THE VEGGIES

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Roughly chop the **coriander** (stalks and all).



4 COOK THE STEAK

- Heat a splash of **oil** in a frying pan on high heat.
- Season the **steaks** with **salt** and **pepper**. When the pan is hot, carefully lay in the **steaks** and cook, 2-3 mins on each side.
★ TIP: Cook for 2 mins more on each side for a more well-done steak.
- Remove to a board, cover with foil and rest.
★ TIP: Don't wash your pan, we'll use it to make the sauce.



5 MAKE THE SAUCE

- Return the pan to medium heat with a splash of **oil** and add the **shallot**.
- Cook, stirring, until just soft, 2 mins.
- Stir in the **chipotle paste** then add the **water** (see ingredients for amount) and **stock pot**. Stir to dissolve the **stock**.
- Bring to a boil then simmer for 1 minute.



6 FINISH OFF

- Stir the **crème fraîche** into the **sauce**, and heat until piping hot.
- Slice the **steak** into five strips.
- Serve the **roasted veggies** on plates topped with the **steak** and a spoonful of **chipotle sauce**.
- Scatter on the **coriander**.

2 PEOPLE INGREDIENTS

Diced Sweet Potato	300g
Red Pepper, sliced	1
Shallot, sliced	1
Coriander, chopped	1 small bunch
Rump Bistro Steak	2
Chipotle Paste	½ sachet
Water*	50ml
Chicken Stock Pot	½
Crème fraîche 7)	1 small pot

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 459G	PER 100G
Energy (kcal)	529	115
(kJ)	2211	482
Fat (g)	30	7
Sat. Fat (g)	16	3
Carbohydrate (g)	41	9
Sugars (g)	8	2
Protein (g)	30	7
Salt (g)	1.48	0.32

ALLERGENS

7) Milk

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

Chipotle Paste: Oak Smoked Red Pepper Puree, Oak Smoked Red Chilli Puree, White Wine Vinegar, White Onion Puree, Rapeseed Oil, Smoked Paprika, Tomato Paste, Chipotle Powder (7%), Water, White Sugar, Cornflour, Dried Red Peppers, Salt, Acidity Regulator: Acetic Acid, Ground Cumin, Dried Red Chilli, Maize Starch, Preservative: Potassium Sorbate.*

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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ENJOY!