



# SUMMER STEAK SALAD

with Roasted Squash, Dukkah and Croutons



• SPECIALITY INGREDIENT •



## HELLO BUTTERNUT SQUASH

*It is claimed that the name of this gourd came from "smooth as butter, sweet as nut".*



Diced Butternut Squash



Chilli Flakes



Ciabatta



Lime



Natural Yogurt



Sirloin Steak



Rocket



Dukkah Spice Mix

Add a little bit of luxury to your weeknight menu with this gorgeous summer steak salad. Chilli roasted butternut squash, crunchy ciabatta croutons, a zesty yoghurt dressing and perfectly seared steak make this the perfect thing to make when you're looking for a simple showstopper in double quick time. For optimum flavour and juiciness, make sure you rest your steaks for at least five minutes after cooking to allow the juices to spread evenly through the meat. Enjoy with a lovely bottle of wine.

30 mins

Little heat

1 of your 5 a day

MEAL BAG

19

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Baking Trays**, a **Fine Grater**, **Large Frying Pan** and some **Foil**. Now, let's get cooking!



### 1 GET ROASTING

Preheat your oven to 200°C. Place the **butternut squash** on a large baking tray, drizzle with **oil** and season with a pinch of **chilli flakes** (as much as you dare) and some **salt** and **pepper**. Toss to combine. Roast for 30-35 mins on the top shelf of your oven. Turn halfway through cooking. Tear the **ciabatta** into 2cm chunks and place on another baking tray. Drizzle with a glug of **olive oil** and set aside.



### 2 MAKE THE DRESSING

Zest, then juice the **lime** into a small bowl. Mix together and stir in the **yoghurt**, a pinch of **salt** of **pepper** and the **olive oil** (see ingredients for amount). Set aside. Do any washing up that needs doing.



### 3 BAKE THE CROUTONS

When the **squash** has been cooking for 20 mins minutes, add the **ciabatta** tray to the middle shelf of your oven and bake for the remaining time, 8-10 mins. You want the **ciabatta croutons** to be golden and crispy.



### 4 FRY THE STEAK

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **steaks** with **salt** and **pepper** on both sides. When the pan is hot, fry for 2-3 minutes on each side for medium rare. Cook for 2 mins longer on each side if you like your **steak** more well done. When ready, transfer to a board, cover with foil and leave to rest for 3-4 mins.

**! IMPORTANT:** The steak is safe to eat when the outside is cooked.



### 5 SALAD TIME

In a large mixing bowl, combine the **roasted butternut squash**, **croutons**, **rocket**, a pinch more **chilli flakes** (if you like) and **half** of the **dressing**. Toss to combine then share between plates.



### 6 ASSEMBLE AND SERVE!

Slice the **steaks** at an angle and place on top of the **salad**, followed by a dollop more of the **dressing**. Share the **dukkah spice mix** between plates, sprinkling it on top. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

|                               | 2P           | 3P            | 4P           |
|-------------------------------|--------------|---------------|--------------|
| Diced Butternut Squash *      | 1 small pack | 1 medium pack | 1 large pack |
| Chilli Flakes                 | a pinch      | a pinch       | a pinch      |
| Ciabatta 11) 13)              | 1            | 2             | 2            |
| Lime *                        | 1            | 1½            | 2            |
| Natural Yoghurt 7) *          | 150g         | 225g          | 300g         |
| Sirloin Steak *               | 2            | 3             | 4            |
| Olive Oil* for Dressing       | 1 tsp        | 1½ tsp        | 2 tsp        |
| Rocket *                      | 1 bag        | 1½ bags       | 2 bags       |
| Dukkah Spice Mix 1) 2) 3) 10) | 1 pot        | 2 pots        | 2 pots       |

\*Not Included \* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 506G | PER 100G  |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal)                  | 2443 / 584       | 482 / 115 |
| Fat (g)                           | 27               | 5         |
| Sat. Fat (g)                      | 9                | 2         |
| Carbohydrate (g)                  | 39               | 8         |
| Sugars (g)                        | 14               | 3         |
| Protein (g)                       | 49               | 10        |
| Salt (g)                          | 0.72             | 0.14      |

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery 11) Soya  
13) Gluten

### PAIR THIS MEAL WITH

A red wine like a Malbec

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.

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