

**GREEN
CHEF**

10



Steak with Chimichurri Sauce

with a Rocket and Tenderstem Broccoli Salad

Cook time: 20-25 mins | **Servings:** 2 or 4 portions | Medium Spice

Carbs	Protein	Fat	Calories	5-a-day
7g	43g	40g	567 Kcal	1 portions
Typical Values Per Serving				

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a Food Processor (if you have one), Garlic Press, Bowl, Frying Pan.

Ingredients

Ingredients	2 people	4 people
Garlic**	1	2
Lime**	½	1
Coriander**	1 bunch	2 bunches
Flat Leaf Parsley**	1 bunch	2 bunches
Chilli Flakes	1 pinch	2 pinches
Beef Rump Steak**	2	4
Tenderstem® Broccoli**	150g	300g
Baby Plum Tomatoes	125g	250g
Rocket**	20g	40g
Feta Cheese** 7)	100g	200g
Olive Oil*	3 tbsps	6 tbsps

*Not Included **Keep in the Fridge

Nutrition	Per serving	Per 100g
for uncooked ingredient	392g	100g
Energy (kJ/kcal)	2372 /567	610 /146
Fat (g)	40	10
Sat. Fat (g)	17	4
Carbohydrate (g)	7	2
Sugars (g)	4	1
Protein (g)	43	11
Salt (g)	1.48	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

There may be last-minute changes to ingredients, of which we will always notify you by email.

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


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.

How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or chat to us via our website

Grocery Delivery E-Services UK Ltd,
60 Worship St, London, EC2A 2EZ

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Now, let's get cooking!



Remove the steaks from the fridge and bring up to room temperature before cooking. If you have a food processor: peel the **garlic** and juice the **lime**. Add in the **garlic**, **lime juice**, **herbs**, **chilli flakes** (beware, they're hot) and **olive oil** (see ingredients for amount). Blitz to combine. If you'd like to, season with **salt** and **pepper**.



Transfer the **steaks** to a plate to rest, covering with a plate or foil to keep warm.



If you don't have a food processor: peel and grate the **garlic** (or use a garlic press), juice the **lime** and finely chop the **herbs** (stalks and all). Mix together in a small bowl along with the **chilli flakes** (beware, they're hot) and **olive oil** (see ingredients for amount). Lastly, if you'd like to, season with **salt** and **pepper**.



Halve any thicker **broccoli stems** lengthways. Put the same frying pan back on medium-high heat with a drizzle of **oil** (no need to wipe). Add the **Tenderstem® broccoli** and fry for 5 mins, turning occasionally. After the 5 mins, add in the **baby plum tomatoes**. If you'd like to, season with **salt** and **pepper**. Cook until the **tomatoes** start to burst and **Tenderstem® broccoli** chars, 2-3 mins.



Season the **steaks** on both sides with **salt** and **pepper**. Heat a splash of **oil** in a large frying pan over high heat. Once hot, brown the **steaks** for 1 min on each side, then lower the heat to medium and cook for another 30 secs on each side for medium-rare, or 1-2 mins on each side for well done. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when the outside is browned.



On a chopping board, slice the **steak** widthways into 1cm slices. Divide the **rocket** between your plates. Place the charred **Tenderstem® broccoli** and **baby plum tomatoes** on the **rocket**. Crumble the **feta** over the **veggies**. Place the rested **steaks** beside the **salad**. Drizzle the **chimichurri sauce** over your **steak**.

Enjoy!

