



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Seared Beef Steaks with Hash and Parsley Mayo

Cubed root vegetables and capsicum cooked in the pan until golden, served with tender beef steaks and creamy parsley mayonnaise.



25 minutes



4/6 servings



Beef

Change the flavour!

You can coat the steaks in a cajun spice mix or use a selection of dried herbs. Add some crushed garlic to the hash and boost the flavour of the mayonnaise with some lemon zest or chilli flakes!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	40g	26g/32g	34g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
CARROTS	2	3
BROWN ONION	1	1
RED CAPSICUM	1	2
PARSLEY	1 packet	2 packets
AIOLI MAYONNAISE	100g	2 x 100g
BEEF STEAKS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, red wine vinegar, dried oregano

KEY UTENSILS

large frypan, frypan, stick mixer or blender (optional)

NOTES

You can spread the diced vegetables over an oven tray and roast for 20 minutes or until golden and tender, if you prefer!

If you don't have a stick mixer or blender, you can combine the spices and vinegar with the aioli. Finely chop the parsley and stir through or keep as a garnish.



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1. COOK THE VEGGIE HASH

Heat a large frypan with **oil** over medium-high heat. Dice **potatoes, carrots, onion** and **capsicum** into 1-2cm cubes. Add to pan as you go along with **2-3 tsp oregano**. Cook, stirring occasionally, for 15 minutes or until tender (see notes).



4. FINISH AND SERVE

Slice **steaks** and place on top of **hash**. Serve with **parsley mayo** and garnish with **chopped parsley**.



2. MAKE THE PARSLEY MAYO

Rinse and roughly chop **parsley** (set some aside for garnish). Blend together with **1/2 tsp ground coriander, 1/2 tsp oregano, 2 tsp vinegar** and **aioli** using a stick mixer or blender (see notes).

6P - blend **parsley** with **1 tsp ground coriander, 1 tsp oregano, 3 tsp vinegar** and **aioli** using a stick mixer or blender.



3. COOK THE STEAKS

Coat **steaks** with **2 tsp ground coriander, oil, salt and pepper**. Heat a second frypan over medium-high heat. Cook for 2-4 minutes each side or until cooked to your liking.

6P - coat steaks with **3 tsp ground coriander, oil, salt and pepper**.

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