



Pecans The name "pecan" is a Native American

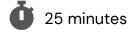
word that was used to describe nuts which required a stone to crack. There are two ways to pronounce "pecan" however no one agrees which is the correct pronunciation!



Chimichurri Steaks

with Roasted Apples & Sweet Potato

A chimichurri sauce made with a twist, using fresh parsley, lemon and pecans. Served on grilled steak with a side of roasted apples & sweet potatoes.





2 servings



Blend the sauce!

If you prefer a smooth sauce you can blend the chimichurri using a stick mixer. Add some cheese for a pesto like consistency.

FROM YOUR BOX

SWEET POTATO	400g
RED APPLE	1
GREEN CHILLI	1
PARSLEY	1/2 bunch *
PECANS	1 packet (30g)
LEMON	1/2 *
GARLIC CLOVE	1
BEEF STEAKS 🍄	300g
SPINACH & ROCKET MIX	1 bag (60g)
FALAFEL BITES	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper

KEY UTENSILS

oven tray, griddle, frypan or barbecue

NOTES

Add zest from 1/2 lemon to dressing for extra flavour. Use a small garlic clove!

No beef option - beef steaks are replaced with chicken schnitzels. Increase cooking time to ensure chicken is cooked through.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut sweet potato and apple into 2-3cm chunks. Toss on a lined oven tray with oil and salt. Roast for 20 minutes or until golden and tender.



2. MAKE THE CHIMICHURRI

De-seed and chop chilli (use to taste), parsley and pecans. Combine with lemon juice, **3 tbsp olive oil** and crushed garlic (see notes). Season with **salt and pepper**.



3. GRILL THE STEAK

Heat a griddle pan or barbecue over medium high heat. Rub steak with **oil**, **salt and pepper.** Cook for 2-4 minutes on each side or until cooked to your liking.

** VEG OPTION - place falafel bites next to potatoes to warm in the oven for the last 10 minutes.



4. REST THE STEAKS

Place steaks on a plate to rest for 5 minutes, spread over 1 tbsp of the chimichurri sauce.

VEG OPTION - omit this step.



5. FINISH AND SERVE

Serve sliced steaks with roasted sweet potatoes, apples, chimichurri sauce and fresh rocket & spinach mix.

VEG OPTION - Serve falafel bites with roasted sweet potatoes, apples, chimichurri sauce and fresh rocket & spinach mix.

