



# Summer Solstice Sharing Platter | Chimichurri Rump Steak

Harissa Chicken & Zesty Yoghurt, Chorizo Salad, Greek Style Salad, Sourdough

11A

Find all your unchilled Market items in bag A.

Lunch 25-30 Minutes • 2 of your 5 a day • Medium Spice



21 Day Aged British Rump Steaks



Harissa Paste



British Chicken Thighs



Diced Chorizo



SlooOW Stone Oven White Baguette



Baby Plum Tomatoes



Baby Cucumber



Spring Onion



Red Wine Vinegar



Greek Style Salad Cheese



Lemon



Greek Style Natural Yoghurt



Zhong Style Paste



Pea Shoots



Peas

**Pantry Items**

Olive Oil, Honey, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Bowl, baking tray, frying pan and fine grater.

## Ingredients

Ingredients	Quantity
21 Day Aged British Rump Steaks**	2
Harissa Paste <b>14</b>	50g
British Chicken Thighs**	4
Diced Chorizo**	60g
SlooOW Stone Oven White Baguette <b>3</b> <b>11</b> <b>13</b>	1
Baby Plum Tomatoes	125g
Baby Cucumber**	1
Spring Onion**	2
Red Wine Vinegar <b>14</b>	12ml
Greek Style Salad Cheese** <b>7</b>	50g
Lemon**	1
Greek Style Natural Yoghurt** <b>7</b>	75g
Zhoug Style Paste**	45g
Pea Shoots**	40g
Peas**	120g
Pantry	Quantity
Olive Oil*	6 tbsp
Honey*	1 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per 100g
<b>for uncooked ingredient</b>	<b>100g</b>
Energy (kJ/kcal)	690 /165
Fat (g)	11.2
Sat. Fat (g)	3.0
Carbohydrate (g)	5.1
Sugars (g)	2.6
Protein (g)	11.4
Salt (g)	0.51

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3**) Sesame **7**) Milk **11**) Soya **13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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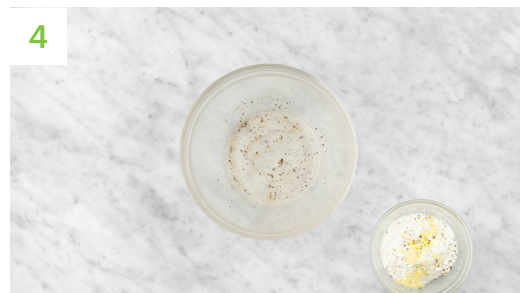
## Roast the Harissa Chicken

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** from your fridge to allow them to come up to room temperature

**b)** In a medium bowl, combine the **harissa paste**, **2 tbsp olive oil** and the **honey** (see pantry for amount).

**c)** Add the **chicken thighs** to the bowl and toss to coat in the **harissa dressing**.

**d)** Pop onto a baking tray and place onto the top shelf of your oven until cooked and lightly charred, 16-18. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Let's get Zesty

**a)** Zest and juice the **lemon**.

**b)** In a small bowl, combine a pinch of **lemon zest** with the **Greek style yoghurt**. Season with **pepper** and set aside.

**c)** In a large bowl, combine the **lemon juice** and **2 tbsp olive oil**. Season with **salt** and **pepper**, then set aside.

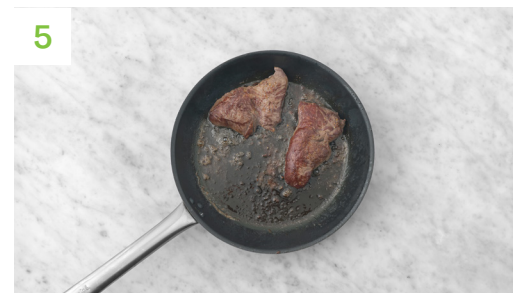
**d)** Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.



## Hello Chorizo

**a)** Meanwhile, heat a large frying pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins, then remove from the pan and set aside to cool.

**b)** Remove the **bread** from the packaging and cut widthways into thick slices. Pop onto a baking tray and drizzle with **olive oil**. Season with **salt** and **pepper**, then bake on the middle shelf of your oven until toasted and golden, 8-10 mins.

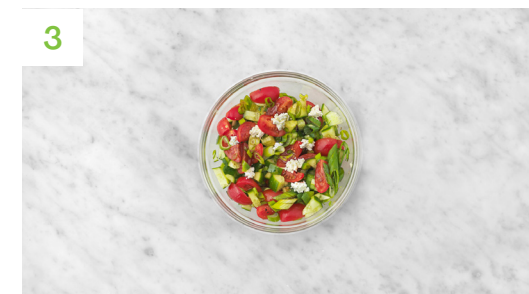


## Fry the Steaks

**a)** Once the pan is hot, lay in the **steaks** and fry until browned, 1-2 mins on each side. Lower the heat to medium and cook for another 2-3 mins on each side if you want them medium-rare. **TIP:** Cook for 1-2 mins extra on each side if you like it more well done.

**b)** Once cooked, transfer to a board, cover and allow to rest. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's safe to eat when browned on the outside.

**c)** Once rested, slice the **steaks** into 1cm thick slices, lay onto a serving platter, then drizzle over the **zhoug paste**.



## Make the Greek Style Salad

**a)** While the **bread** bakes, quarter the **baby plum tomatoes**. Trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways. Trim and thinly slice the **spring onions**.

**b)** In a medium bowl, combine the **red wine vinegar** and **2 tbsp olive oil**. Season with **salt** and **pepper**, then toss through the **tomatoes**, **cucumber** and **spring onions**.

**c)** Crumble in the **Greek style cheese**, toss to coat, then pop into a serving dish and set aside.



## Finish and Serve

**a)** Add the **pea shoots**, **peas** and **cooked chorizo** to the bowl of **lemon juice dressing**, then toss to combine. Transfer to a serving bowl. Serve alongside your **Greek style salad**.

**b)** Spoon the **lemon yoghurt** onto a serving plate and spread slightly with the back of the spoon. Place the **cooked harissa chicken** on top, drizzling any remaining cooking **juices** from the tray over the **chicken**.

**c)** Serve with the **sourdough** for scooping everything up.

Enjoy!