



Tapas Style 21 Day Aged Steak and Corn Salsa

with Greek Style Cheese, Fresh Chilli and Coriander

Special Sides 10-15 Minutes • Medium Spice • 1 of your 5 a day

1A

Find all your unchilled Market items in bag A.



21 Day Aged British Rump Steaks



Garlic Clove



Red Chilli



Coriander



Sweetcorn



Greek Style Salad Cheese



Red Wine Vinegar

Pantry Items

Salt, Pepper, Olive Oil, Sugar

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

Garlic press, sieve, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	Quantity
21 Day Aged British Rump Steaks**	2
Garlic Clove**	1
Red Chilli**	1
Coriander**	1 bunch
Sweetcorn	160g
Greek Style Salad Cheese** 7)	50g
Red Wine Vinegar 14)	12ml

Pantry	Quantity
Olive Oil*	1 tbsp
Sugar*	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	276g 1492/357	100g 541/129
Fat (g)	16.4	6.0
Sat. Fat (g)	6.8	2.5
Carbohydrate (g)	11.1	4.0
Sugars (g)	6.4	2.3
Protein (g)	39.2	14.2
Salt (g)	1.12	0.41

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

Allergens

7) Milk 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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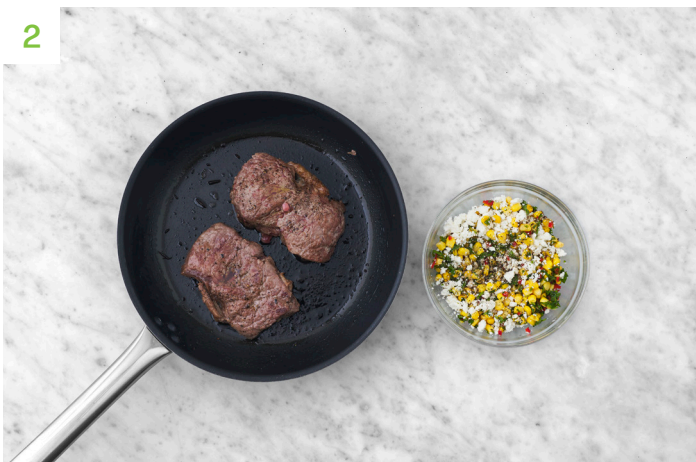
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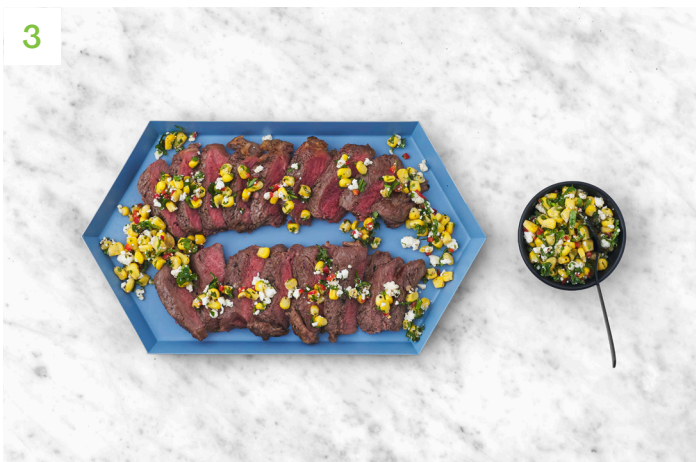
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2



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Get Prepped

- Remove the **steaks** from your fridge to allow them to come up to room temperature. Season the **steaks** with **salt** and **pepper**.
- While the **steaks** come up to room temperature, peel and grate the **garlic** (or use a garlic press).
- Halve the **red chilli** lengthways, deseed, then finely chop.
- Finely chop the **coriander** (stalks and all).

Salsa and Steak Time

- Drain the **sweetcorn** in a sieve. Crumble the **Greek style cheese**.
- In a medium bowl, combine the **sweetcorn**, **garlic**, **coriander**, **chilli**, **red wine vinegar**, **Greek style cheese**, **olive oil** and **sugar** (see pantry for both amounts).
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once very hot, lay the **steaks** into the pan and fry until browned and medium-rare, about 5 mins. Turn halfway through. **TIP:** Cook each side for 1 min more if you like it more well done. Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

Finish and Serve

- Once cooked, transfer the **steaks** to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's safe to eat when browned on the outside.
- Once rested, slice the **steaks** into 1cm thick slices and lay onto your serving dish.
- Spoon the **sweetcorn salsa** over your **lamb steak slices** to finish.

Enjoy!