



# Chimichurri Sirloin Steak and Prawn Tacos with Harissa Mayo and Wedges

Premium 35 Minutes • Little Spice • 1 of your 5 a day

N° 30



Sirloin Steak



Potato



Baby Plum Tomatoes



Flat Leaf Parsley



Garlic Clove



Red Wine Vinegar



Harissa Paste



Mayonnaise



King Prawns



Soft Shell Taco



Rocket

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Frying Pan, Aluminum Foil.

## Ingredients

	2P	3P	4P
Sirloin Steak**	2	3	4
Potato**	450g	700g	900g
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Red Wine Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Harissa Paste	1 sachet	1½ sachets	2 sachets
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
King Prawns <b>5)**</b>	150g	250g	300g
Soft Shell Taco <b>13)</b>	6	9	12
Rocket**	20g	30g	40g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>726g</b>	<b>100g</b>
Energy (kJ/kcal)	4248 /1015	585 /140
Fat (g)	41	6
Sat. Fat (g)	11	2
Carbohydrate (g)	99	14
Sugars (g)	9	1
Protein (g)	62	9
Salt (g)	3.20	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**5)** Crustaceans **8)** Egg **9)** Mustard **13)** Gluten **14)** Sulphites

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

Wash your hands before and after prep. Wash fruit and veg; but not meat! 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.

## Contact

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## Cook the Wedges

Preheat your oven to 200°C. Remove the **steak** from your fridge to allow it come up to room temperature. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large, low sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once hot, roast your **wedges** on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.

**Tip:** Use two baking trays if necessary, you want the wedges nicely spread out.



## Cook the Steaks

When your **wedges** have 15 mins left to cook, heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for one minute on each side. Lower the heat slightly and cook for another 1-2 mins on each side for medium-rare. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** The steak is safe to eat when the outside is browned, remember to wash your hands after handling raw meat.



## Make the Salsa

Meanwhile, quarter the **tomatoes**. Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Pop the **red wine vinegar** and **olive oil** (see ingredients for amount) into a medium bowl. Season with **salt** and **pepper** and mix together. Add the **parsley** and **tomatoes** to the bowl, mix to combine and set aside.



## Cook the Prawns

Once cooked, remove the pan from the heat and add the rest of the **harissa paste**, turn the **steak** to coat in the **harissa paste**. Transfer the **steak** to a plate, cover with foil and allow to rest while you cook the **prawns**. Pop your pan back on medium-high heat and add a drizzle of **oil** if the pan is dry. Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 2-3 mins. Stir in the **garlic** and cook for 1 minute more, then remove the pan from the heat. **IMPORTANT:** The prawns are cooked when opaque all the way through.



## Mayo Time

Pop **half** the **harissa paste** in a small bowl and add the **mayo**. Mix together then set aside.



## Finish and Serve

Meanwhile, pop the **tacos** in the oven to warm through for 1-2 mins. Pop your **steaks** onto a board, trim the fat from the edge of the **steak** if you want to, then slice as thinly as you can. Spread **half** the **harissa mayo** on the base of the **tacos**, add some **steak slices** and the **prawns**. Add the **rocket** to the **tomatoes** and **dressing**, toss to coat and pop on top of the **steak** and **prawns**. Serve with the **wedges** alongside and the leftover **harissa mayo**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.