



NUTRITION *per serving* 50g carbohydrates 35g fat 43g protein 1400mg sodium | calorie-conscious



Calories
625



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild



Chimichurri Steak

with roasted potatoes

IN YOUR BOX

- 2 Russet Potatoes
- ½ oz. Parsley
- 2 Garlic Cloves
- 2 Roma Tomatoes
- 2 Sirloin Steaks
- ½ fl. oz. Red Wine Vinegar
- ¼ tsp. Red Pepper Flakes
- 1 tsp. Dried Oregano

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Medium Non-Stick Pan

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ Color changes in vacuum-packaged red meat from red to reddish-brown are normal, as a result of a naturally occurring chemical reaction called oxidation. Use your judgment! Please don't cook protein if you notice an odor, a glassy sheen, or unusual stickiness.
- ❑ Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use less garlic if preferred.
- ❑ **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

FROM THE CHEF

If slicing the steak, we recommend finding the parallel lines of muscle fiber running down the meat (called the grain), and slicing perpendicular to them, cutting “against the grain.” This makes sliced steak easier to chew, since the muscle fibers are already broken up for you.

Did you know...

Legend has it chimichurri was named for an Irish adventurer (possibly named Jimmy McCurry) who traveled to Argentina to join the country's fight for independence from Spain.



Roast the Potato Wedges

Halve **potatoes**, then cut each half into four wedges. Place wedges on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Spread into a single layer and roast until potatoes are tender and golden brown, 20-25 minutes. *Potatoes will finish cooking in a later step.* While potatoes roast, prepare ingredients.



Cook the Tomatoes

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **tomatoes** to hot pan, cut side down. Sear until browned, 2 minutes. Remove from pan. After **potatoes** have roasted 20-25 minutes, add tomatoes to baking sheet, seared side up. Bake until tomatoes are softened, but not mushy, 3-4 minutes. Remove from oven and set aside. Wipe pan clean and reserve.



Prepare the Ingredients

Stem **parsley**. Mince stems and finely chop leaves. Mince **garlic**. Halve **tomatoes** lengthwise. Pat **steaks** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



Cook the Steaks

Return pan used to cook tomatoes to medium-high heat. Add 1 tsp. **olive oil** and **steaks** to hot pan. Sear undisturbed until browned, 3-4 minutes. Flip steaks, reduce heat to medium, and cook until steaks reach a minimum internal temperature of 145 degrees, 4-6 minutes. Remove steaks from pan and rest 5 minutes.



Make the Chimichurri

Combine **parsley leaves and stems**, **red wine vinegar**, **garlic** (to taste), **red pepper flakes** (to taste), **dried oregano**, 2 Tbsp. **olive oil**, 1 Tbsp. **water**, and ¼ tsp. **salt** in a mixing bowl. Stir together and set aside to allow flavors to marry.



Plate the Dish

Serve **potatoes** on a plate and place **tomatoes** next to them. Slice **steak** into ¼” slices, if preferred. Serve steak up against potatoes and top with a spoonful of **chimichurri**. Serve remaining chimichurri on the side for dipping.