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## Beef Skewers with Romesco Potatoes & Sautéed Zucchini

Romesco sauce is a brilliant flavour hit, a bright red, bright tasting sauce from the Catalonia region of Spain. It's perfect for livening up potatoes and, served along with a fresh salad and tasty beef skewers, this dish will leave you ready to dance the flamenco!



**Prep:** 20 mins



**Cook:** 20 mins



**Total:** 40 mins



level 2



nut free



paleo

### Pantry Items



Olive Oil



Skewers



Potatoes



Chargrilled  
Capsicum Sauce



Coriander



Minute Steaks



Smokey Paprika



Garlic



Zucchini



Red Onion

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QTY	Ingredients
1 kg	potatoes, unpeeled & sliced into 3 cm chunks
1 tub	chargrilled capsicum sauce
1 tbs	olive oil *
½ bunch	coriander, leaves picked & roughly chopped
1 packet	minute steaks, sliced into 2 cm wide strips
1 sachet	smokey paprika
2 cloves	garlic, peeled & crushed
10-12	metal or wooden skewers *
2	zucchini, peeled into ribbons
1	red onion, finely sliced

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

### Nutrition per serve

Energy	1910	Kj
Protein	41.7	g
Fat, total	12.2	g
-saturated	3.6	g
Carbohydrate	40.9	g
-sugars	6.8	g
Sodium	187	mg



**You will need:** *chef's knife, chopping board, garlic crusher, vegetable peeler, large saucepan, spoon, medium bowl, aluminium foil, grill tray, large frying pan and wooden spoon.*

**1** Preheat the grill to medium-high.



**2** Place the **potato** in a large saucepan of salted water. Bring the water to the boil and cook the potato for **15 minutes**, or until soft when pierced with a knife. Drain and return to the saucepan. Stir through the **chargrilled capsicum sauce**, half the **olive oil** and half the **coriander**, and season to taste with **salt** and **pepper**. Set aside.



**3** Meanwhile, in a medium bowl coat the **minute steaks** in the **smoky paprika**, **garlic** and the remaining olive oil. Weave the beef strips onto the **metal or wooden skewers** alternating up and down so that the meat is evenly distributed. Place the skewers in a single layer on a foil lined grill tray. Cook the skewers under the grill for **2-3 minutes**, turning halfway, or until cooked through.

**Tip:** wrap the ends of the skewers with foil to ensure they don't burn.



**4** Meanwhile, heat a dash of olive oil in a large frying pan over a medium-high heat. Cook the **zucchini** ribbons and **red onion** for **4-5 minutes**, or until softened and cooked through.

**5** To serve, divide the Romesco potatoes and sautéed vegetables between plates. Top with the beef skewers and the remaining coriander. Enjoy!

**Did you know?** You should soak wooden skewers in water to stop them burning and splintering.