



Sizzler Steaks and Chipotle Butter

with Chipotle Potatoes and Limey Tomato and Rocket Salad

Nº 12

EXTRA RAPID 10 Minutes • Medium Spice • 1 of your 5 a day



Butter



Pre-cooked Baby Potatoes



Baby Plum Tomatoes



Lime



Honey



Chipotle Paste



Beef Sizzler Steaks



Rocket

Before you start

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

Basic cooking tools, you will need:

Two Frying Pans, Mixing Bowl.

Ingredients

	2P	3P	4P
Butter 7)**	30g	45g	60g
Pre-cooked Baby Potatoes**	1 pack	2 packs	2 packs
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lime**	½	1	1
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Chipotle Paste	1 sachet	1 sachets	2 sachets
Beef Sizzler Steaks**	4	6	8
Rocket**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2038 /487	484 /116
Fat (g)	18	4
Sat. Fat (g)	10	2
Carbohydrate (g)	44	11
Sugars (g)	12	3
Protein (g)	38	9
Salt (g)	0.58	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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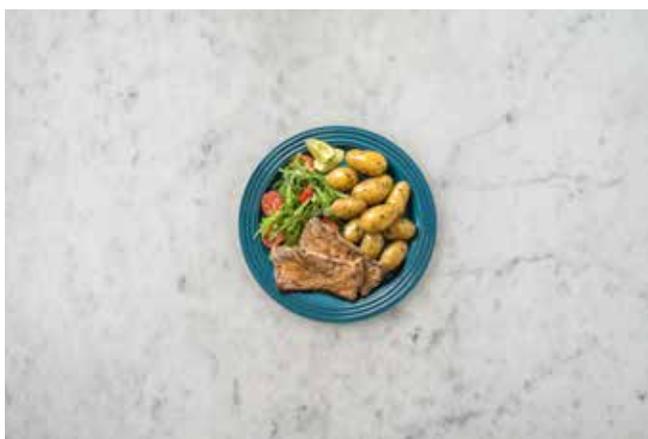
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Packed in the UK



1. Get Started

- Remove the **butter** from the fridge to allow it to soften slightly.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **potatoes**, season with **salt** and **pepper** and fry, turning occasionally, until golden brown and crispy, 8-9 mins.
- Meanwhile, halve the **tomatoes**.
- Halve the **lime**.

2. Salad Time

- In a large bowl mix together the **honey**, **juice** from **half** the **lime** and **olive oil** (see ingredients for amounts), season with **salt** and **pepper** and set aside.
- Cut any remaining **lime** into wedges.
- Pop the **butter** and **half** the **chipotle paste** into a bowl, season with **salt** and **pepper** and mix together until well combined. **TIP:** *If your butter is too solid you can pop it in the microwave in a microwave proof bowl for 5-10 seconds until slightly softened.*

3. Steak Time!

- Heat a drizzle of **oil** in a large frying pan over high heat.
- Once hot, add the **steaks**, season with **salt** and **pepper** and cook for 45 seconds on each side. **IMPORTANT:** *The steak is safe to eat when the outside is browned.*
- Once cooked, transfer the **steaks** to a plate and divide the **chipotle butter** between them.
- Stir the remaining **chipotle** through the **potatoes** and cook for 30 seconds.
- When everything else is ready, add the **tomatoes** and **rocket** to the bowl with the **dressing** and toss together to coat.
- Serve the **potatoes**, **salad** and any **lime wedges** (for squeezing over) alongside the **chipotle buttered steak**. **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.