



Everything
But The Chef

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Beef Tagliata with Sweet Potato Wedges

Tagliata is the authentic Italian way to enjoy steak. Cooked as a large steak so that it has a lovely grilled exterior and a tender rare interior, this finely sliced rump steak soaks up all the flavour in this dinner. Don't forget to allow the meat to rest for at least five minutes, so the juices stay in the tender steak and don't go spilling out onto the cutting board. Roasted garlic, flaked Parmesan cheese and punchy rocket make every bite of this classic a real treat!

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- gluten free**
- nut free**
- high protein**
- low sodium**

Pantry Items



Olive Oil
Balsamic Vinegar



Sweet Potato



Garlic



Premium Beef Rump



Rocket Leaves



Parmesan Cheese

2P	4P	Ingredients	
400 g	800 g	sweet potato, unpeeled & cut into wedges	A
1 tbs	2 tbs	olive oil *	
1-2 cloves	2 cloves	garlic, unpeeled	⊕
1 steak	2 steaks	premium beef rump	
2 tsp	1 tbs	balsamic vinegar *	
1 bag	2 bags	rocket leaves, washed	
½ block	1 block	Parmesan cheese, flaked	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2060	Kj
Protein	48.1	g
Fat, total	19.2	g
-saturated	6.8	g
Carbohydrate	29.2	g
-sugars	11.8	g
Sodium	248	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, small bowl, whisk, oven tray lined with baking paper, medium frying pan, aluminium foil, and a plate.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **sweet potato wedges** in half of the **olive oil** and season with **salt** and **pepper**. Place on the prepared oven tray and cook in the oven for **30 minutes** or until golden and tender. Add the **garlic clove** to the tray in the last **15 minutes** of cooking.



3 Meanwhile, lightly oil the **premium beef rump steak** and season with salt and pepper. Heat a medium frying pan over a medium-high heat. Add the steak and cook for **2-3 minutes** on each side, for medium rare, or until cooked to your liking. Cooking times will vary depending on the thickness of your steak. Transfer the steak to a plate and cover with foil. Rest for **5 minutes**. Then cut into 1 cm thick slices.

4 Squeeze the flesh of the roasted garlic clove into a small bowl. Add the **balsamic vinegar** and the remaining olive oil. Whisk until well combined. Season with salt and pepper. Toss the **rocket leaves** in the dressing and then divide between plates.



5 To serve, top the rocket leaves with the steak slices and garnish with the **Parmesan cheese**. Serve with the sweet potato wedges on the side.



Did you know? Due to its high acetic acid content, vinegar aids in the absorption of calcium (which is especially useful for those who are lactose intolerant!).