

Steak & Caramelised Mushroom Ciabatta

with Peppery Rocket Tomato Salad & Potato Fries

KID FRIENDLY

Grab your Meal Kit with this symbol









Tomato



Sliced Mushrooms



Italian Herbs





Bake-at-Home



Mayonnaise

Ciabatta

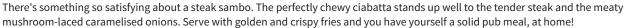


Spinach, Rocket & Fennel Mix





Eat Me Early





Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
red onion	1	2	
tomato	1	2	
sliced mushrooms	1 medium packet	1 large packet	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
Italian herbs	1 medium sachet	2 medium sachets	
beef rump	1 small packet	1 large packet	
bake-at-home ciabatta	2	4	
mayonnaise	1 medium packet	1 large packet	
spinach, rocket & fennel mix	1 small bag	1 medium bag	
diced bacon**	1 packet (90g)	1 packet (180g)	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3153kJ (754Cal)	436kJ (104Cal)
Protein (g)	48.1g	6.6g
Fat, total (g)	22.2g	3.1g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	86.6g	12g
- sugars (g)	14.2g	2g
Sodium (mg)	944mg	130mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3541kJ (846Cal)	461kJ (110Cal)
Protein (g)	55g	7.2g
Fat, total (g)	28.9g	3.8g
- saturated (g)	5.9g	0.8g
Carbohydrate (g)	87.3g	11.4g
- sugars (g)	14.7g	1.9g
Sodium (mg)	1375mg	179mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide fries between two trays.



Get prepped

- Meanwhile, thinly slice red onion.
- Thinly slice tomato.



Caramelise the mushrooms

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion and sliced mushrooms, stirring regularly, until softened, 5-6 minutes.
- Reduce the heat to medium. Add the balsamic vinegar, the brown sugar and a splash of water, and mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a small bowl.

Custom Recipe: If you've added diced bacon, cook diced bacon with sliced mushrooms and onion, stirring regularly, until softened, 5-6 minutes. Continue as above.



Cook the steak

- See 'Top Steak Tips!' (below). When the fries have 10 minutes remaining, combine Italian herbs and a good pinch of salt and pepper in a medium bowl. Add **beef rump**, then turn to coat.
- Wipe out the frying pan and return to high heat with a drizzle of olive oil. When the oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness) or until cooked to your liking.
- Transfer to a plate to rest.



Heat the ciabatta

• Place bake-at-home ciabatta directly on a wire oven rack and bake until heated through, 5 minutes.



Serve up

- · Slice the seared steak.
- · Slice each ciabatta in half, then spread with mayonnaise.
- · Top with the sliced steak, caramelised onion, tomato slices and spinach, rocket & fennel mix. Serve with fries. Enjoy!

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



We need your expertise! Let our Culinary team know what you thought: hellofresh.com.au/rate

