

# Steak & Caramelised Mushroom Ciabatta

with Peppery Rocket Tomato Salad & Potato Fries

KID FRIENDLY

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Tomato



Sliced Mushrooms



Italian Herbs





Bake-at-Home



Mayonnaise

Ciabatta

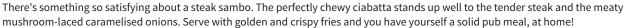


Spinach, Rocket & Fennel Mix





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)	

<sup>\*</sup>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!

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- 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

