

Beef Rump & Caramelised Mushroom Ciabatta

with Rocket Tomato Salad & Potato Fries

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Red Onion



Tomato



Sliced Mushrooms



Italian Herbs



Beef Rump



Bake-At-Home Ciabatta



Mayonnaise




Spinach, Rocket & Fennel Mix



Diced Bacon

Prep in: 25-35 mins
Ready in: 30-40 mins

 Eat Me Early

There's something so satisfying about a steak sambo. The perfectly chewy ciabatta stands up well to the tender steak and the mushroom-laced caramelised onions. Serve with golden and crispy fries and you have yourself a solid pub meal, at home!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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	2 small packets OR 1 large packet
bake-at-home ciabatta	2	4
mayonnaise	1 packet (40g)	1 packet (80g)
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



Bake the fries

- 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 the fries between two trays.



Cook the steak

- When 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 frying pan and return to high heat with a drizzle of **olive oil**. When 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.

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.



Get prepped

- Meanwhile, thinly slice **red onion**.
- Thinly slice **tomato**.
- See '**Top Steak Tips!**' (below). Place **beef rump** between two sheets of backing paper. Pound with a meat mallet or rolling pin until slightly flattened. Set aside.

TIP: If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.



Heat the ciabatta

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



Caramelize 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 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 bowl.

Custom Recipe: If you've added diced bacon, cook diced bacon with mushrooms and onion, breaking up with a spoon, until golden, 5-6 minutes. Continue as above.



Serve up

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

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