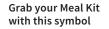


# Steak & Caramelised Mushroom Ciabatta

with Rocket Tomato Salad & Potato Fries

KID FRIENDLY















Beef Rump





Italian Herbs

Sliced Mushrooms



Bake-At-Home Ciabatta





Spinach, Rocket & Fennel Mix





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!



# **Pantry items**

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# 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

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
red onion	1	2		
tomato	1	2		
beef rump	1 small packet	2 small packets OR 1 large packet		
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		
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)		
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<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Per Serving	Per 100g
3153kJ (754Cal)	436kJ (104Cal)
48.1g	6.6g
22.2g	3.1g
3.4g	0.5g
86.6g	12g
14.2g	2g
944mg	130mg
	3153kJ (754Cal) 48.1g 22.2g 3.4g 86.6g 14.2g

#### **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.



# 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 pink 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.



# 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 heat to medium. Add the balsamic vinegar, 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 bacon with mushrooms and onion, breaking bacon up with a spoon, until golden, 5-6 minutes. Continue as above.



# 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.



# Heat the ciabatta

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



# 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!

### **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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate