

# Grilled Beef Steak & Onion Pita Pockets

with Horseradish Sauce & Charred Tomato Salad

GOOD TO BBQ

NEW

Grab your meal kit with this number

18



Tomato



Brown Onion



Garlic & Herb Seasoning



Beef Rump



Pita Bread



Spinach & Rocket Mix



Horseradish Sauce



Beef Rump



Haloumi

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Protein Rich

These handheld pockets of pita goodness, come stacked with only the tastiest of fillings. Seared garlic and herb beef, meets a blistered tomato salad and welcomes charred onions in this trifecta of ingredients. Top it all off with a drizzle of horseradish sauce. If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Softened Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

BBQ or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
brown onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
beef rump	1 medium packet	2 medium packets OR 1 large packet
pita bread	2	4
spinach & rocket mix	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
<b>softened butter*</b>	10g	20g
horseradish sauce	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2658kJ (577cal)	577kJ (125cal)
Protein (g)	43g	9.3g
Fat, total (g)	22.7g	4.9g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	62.2g	13.5g
- sugars (g)	15.5g	3.4g
Sodium (mg)	1040mg	225.6mg
Dietary Fibre (g)	7.4g	1.6g

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

## Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.



## Get prepped

- See **'Top Steak Tips!' (below left)**. Preheat BBQ to high heat.
- Slice **tomato** into wedges.
- Thinly slice **brown onion (see ingredients)**.
- In a medium bowl, combine **tomato**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a second medium bowl, combine **onion**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a third medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **beef rump**, turning to coat.



## Grill the tomato

- While beef is cooking, add **tomato** to BBQ grill plate and cook, turning, until slightly charred and blistered, **2-3 minutes**. Transfer to a medium bowl.

**No BBQ?** In a large frying pan, cook tomato over medium-high heat, turning, until slightly charred and blistered, 2-3 minutes.



## Cook the onions

- When BBQ is hot, grill **onion** on BBQ grill plate, tossing occasionally, until tender and slightly charred, **6-8 minutes**. Transfer to a plate.

**No BBQ?** In a large frying pan, cook onion over medium-high heat, stirring regularly until softened, 4-5 minutes.



## Grill the pita

- While beef is resting, grill **pita bread** on BBQ grill plate, until golden and warmed through, **2-4 minutes** each side.

**No BBQ?** Heat pita breads in a sandwich press for 30 seconds, until warmed through.



## Grill the beef

- While onions are cooking, grill **beef rump** on a second BBQ grill plate, turning, for **6-10 minutes** for medium-rare or until cooked to your liking. Transfer to a plate and leave to rest for **5 minutes**.

**No BBQ?** In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef rump for 3-4 minutes for medium-rare or until cooked to your liking.

**TIP:** Cook in batches if necessary.



## Serve up

- To bowl with tomato, add **spinach & rocket mix** and a drizzle of **vinegar** and olive oil. Season to taste.
- Thinly slice beef.
- Halve pita bread and spread with the **softened butter**. Fill with charred tomato salad, grilled beef steak and onions.
- Drizzle with **horseradish sauce** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



## CUSTOM OPTIONS

### + DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

### + ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

