



# GREEK-STYLE FETTA & OREGANO STEAK

with Roasted Potatoes



Master balsamic onions



Potato



Green Beans



Garlic



Red Onion



Oregano



Fetta



Beef Rump

Hands-on: **25 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Low calorie

A warm bed of golden potatoes lays the base for a steak of joyous proportions. Tender strips of steak are covered in balsamic onions, fresh oregano and snowflakes of crumbled fetta. Now, if that doesn't sound like heaven on earth, we don't know what does!

**Pantry Staples:** Olive Oil, Butter, Balsamic Vinegar

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, two plates, small bowl** and a **medium frying pan**.



## 1 ROAST THE POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.* Place the potato, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast for **20-25 minutes** or until tender.



## 2 GET PREPPED

While the potatoes are roasting, trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **red onion**. Pick and finely chop the **oregano** leaves. In a small bowl, combine the **fetta** and oregano and set aside.



## 3 COOK THE GREEN BEANS

In a medium frying pan, heat **1/2 the butter** and a **drizzle of olive oil** over a medium-high heat. **TIP:** *The oil stops the butter from burning.* Add the **green beans** and cook for **3-4 minutes**, or until tender. Add the **garlic** and cook for **1 minute**, or until fragrant. Transfer to a plate and cover with foil to keep warm.



## 4 COOK THE STEAK

Return the pan to a high heat with a **drizzle of olive oil**. Slice each **beef rump** in half to get 1 steak per person. Season the beef rump steak with a **pinch of salt** and **pepper** on both sides. When the oil is hot, cook the **beef** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** *This will give you a medium steak so cook a little less for rare or a little longer for well done.* Transfer the steak to a plate, and set aside to rest. **TIP:** *Resting time is crucial for a juicy steak!*



## 5 MAKE THE BALSAMIC ONIONS

While the steak is resting, return the pan to a medium-high heat and melt the **remaining butter** with a **drizzle of olive oil**. Add the **red onion** and cook, stirring, for **3-4 minutes**, or until softened. Add the **balsamic vinegar** and cook for a further **3 minutes**, or until sticky. **TIP:** *Stand back! Vinegar releases a strong vapour when heated.*



## 6 SERVE UP

Thinly slice the steak. Divide the potatoes, the green beans and the steak between plates. Top with the balsamic onions and the fetta and oregano topping.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200 g)	1 bag (400 g)
garlic	1 clove	2 cloves
red onion	1	2
oregano	1 bunch	1 bunch
fetta	1 block (25 g)	1 block (50 g)
butter*	20 g	40 g
beef rump	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2140kJ (511Cal)	367kJ (88Cal)
Protein (g)	43.6g	7.5g
Fat, total (g)	18.7g	3.2g
- saturated (g)	10.4g	1.8g
Carbohydrate (g)	37.5g	6.4g
- sugars (g)	7.8g	1.3g
Sodium (g)	262mg	45mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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