



Italian Beef & Creamy Pesto

with Roast Veggie Salad & Ciabatta Croutons

Grab your Meal Kit with this symbol



Capsicum



Red Onion



Garlic



Beef Rump



Italian Herbs



Bake-At-Home Ciabatta



Tomato



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Creamy Pesto Dressing

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Calorie Smart

Succulent beef rump meets a panzanella-style salad in this delight of a dish that's simpler than it looks. Complete with fresh, peppery greens and our creamy pesto dressing to bring everything together, this sure beats a basic meat and three veg.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 |
| capsicum | 1 | 2 |
| red onion | 1 | 2 |
| garlic | 1 clove | 2 cloves |
| beef rump | 1 small packet | 1 large packet |
| Italian herbs | 1 sachet | 2 sachets |
| bake-at-home ciabatta | 1 | 2 |
| tomato | 1 | 2 |
| spinach & rocket mix | 1 medium bag | 1 large bag |
| balsamic vinaigrette dressing | 1 packet | 2 packets |
| creamy pesto dressing | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2567kJ (614Cal) | 492kJ (118Cal) |
| Protein (g) | 39.3g | 7.5g |
| Fat, total (g) | 30.8g | 5.9g |
| - saturated (g) | 4.2g | 0.8g |
| Carbohydrate (g) | 40.3g | 7.7g |
| - sugars (g) | 12.9g | 7.7g |
| Sodium (mg) | 609mg | 117mg |

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **capsicum** into thin strips. Cut the **red onion** into thick wedges. Place the **capsicum** and **onion** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Thinly slice the **beef rump**. In a medium bowl, combine the **garlic**, **Italian herbs** and a drizzle of **olive oil** with a pinch of **salt** and **pepper**. Add the **beef**, turning to coat. Set aside.



Make the croutons

Tear the **bake-at-home ciabatta** into bite-sized chunks. In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Add the **ciabatta** chunks and cook, stirring regularly, until golden and slightly crisp, **5-6 minutes**. Season to taste. Transfer to a plate lined with a paper towel.



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef** in batches, until browned, **1-2 minutes**. Transfer to a plate. Set the **beef** aside to rest.

TIP: *Cooking the beef in batches helps it stay tender without stewing.*



Toss the salad

Finely chop the **tomato**. In a large bowl, combine the **tomato**, **spinach & rocket mix**, **roasted veggies** and **balsamic vinaigrette**. Toss to coat, then season to taste.



Serve up

Divide the roast veggie salad between plates. Top with the Italian beef. Sprinkle the ciabatta croutons over the salad. Dollop the **creamy pesto dressing** over the beef to serve.

TIP: *If you like, you can toss everything together and serve as a salad.*

Enjoy!

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