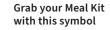


Italian Beef & Creamy Pesto with Roast Veggie Salad & Ciabatta Croutons

















Italian Herbs









Balsamic Vinaigrette Dressing



Creamy Pesto Dressing

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

ingi calcino		
	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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