



Roasted Beef & Béarnaise Ciabatta

with Tomato-Capsicum Relish

Grab your Meal Kit with this symbol



Potato



Rosemary



Premium Fillet Steak



Wholegrain Mustard



Garlic



Red Onion



Capsicum



Cherry Tomatoes



Chilli Flakes (Optional)



Pear



Shaved Parmesan Cheese



Rocket Leaves



Bake-At-Home Ciabatta



Béarnaise



Balsamic Glaze

Hands-on: **30-40** mins
 Ready in: **40-50** mins
 Spicy (optional chilli flakes)

Show Dad the love this Father's Day by surprising him with a sublime two-course feast. We've made sure that this hearty meal delivers with every bite, the juicy beef steak and a flavour-packed relish is just the start! Finish this feast with a golden spiced apple and pear crumble he'll absolutely love.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
rosemary	1 bunch	1 bunch
premium fillet steak	1 packet	2 packets
wholegrain mustard	1 tub (40g)	2 tubs (80g)
garlic	2 cloves	4 cloves
red onion	½	1
capsicum	1	2
cherry tomatoes	1 punnet	2 punnets
chilli flakes (optional)	1 sachet (pinch)	1 sachet (pinch)
brown sugar*	1 tbs	2 tbs
balsamic vinegar*	1 tbs	2 tbs
water*	¼ cup	½ cup
butter*	20g	40g
pear	1	2
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
rocket leaves	1 bag (60g)	1 bag (120g)
bake-at-home ciabatta	2	4
béarnaise	1 tub (50g)	1 tub (100g)
balsamic glaze	½ bottle	1 bottle

*Pantry/Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4081kJ (975Cal)	450kJ (107Cal)
Protein (g)	57.3g	6.3g
Fat, total (g)	30.7g	3.4g
- saturated (g)	12.7g	1.4g
Carbohydrate (g)	108.8g	12g
- sugars (g)	29.5g	3.3g
Sodium (mg)	1251mg	138mg

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.

Fancy a Drop?

We recommend pairing this meal with Cabernet Sauvignon or Shiraz

Please call us with any questions or concerns | (02) 8188 8722
hello@hellofresh.com.au

2020 | CW36



1. Bake the rosemary wedges

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Pick the **rosemary** leaves and chop. Place the **wedges** and **rosemary** onto the oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake on the top rack until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



4. Make the relish

While the beef is roasting, finely chop the **garlic** (or use a garlic press). Finely chop the **red onion** (see ingredients list). Finely chop the **capsicum**. Halve the **cherry tomatoes**. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Cook the **onion** and **capsicum**, stirring, until just softened, 3-4 minutes. Add the **garlic** and a **pinch** of **chilli flakes** (if using) for **1 minute**. Add the **cherry tomatoes**, **brown sugar**, **balsamic vinegar** and **water**. Bring to the boil then reduce heat to medium. Simmer until reduced, **8-10 minutes**. Stir through the **butter** and season to taste.

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 10 minutes before slicing.



2. Sear the beef

See **Top Steak Tips (bottom)** for extra info!

While the wedges are baking, heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Season the **premium fillet steak** all over with **salt** and **pepper** and add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides.



5. Make the salad

Thinly slice the **pear**. Place the **pear** in a bowl with the **shaved Parmesan cheese** and **1/2** the **rocket leaves**. Just before serving, **drizzle** with **olive oil** and season to taste with **salt** and **pepper**. Wrap each of the **bake-at-home ciabatta** in foil, then place directly on a wire rack in the oven and cook until heated through, **5 minutes**.



3. Roast the beef

Transfer the **beef** to a second oven tray lined with baking paper and spread over the **wholegrain mustard**. Roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray from the oven and set aside loosely covered with foil to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



6. Serve up

Thinly slice the beef fillet. Slice each ciabatta in half. Spread the ciabatta with the **Béarnaise sauce**, then top with the beef, tomato and capsicum relish and remaining rocket leaves. Finish the salad with the **balsamic glaze** (see ingredients list). Serve with the rosemary wedges.

Enjoy!



Spiced Apple & Pear Crumble

with Vanilla Custard

Grab your Meal Kit with this symbol



Apple



Pear



Sweet Golden Spice Blend



Classic Oat Mix



Vanilla Custard

Hands-on: **10-20** mins
Ready in: **30-40** mins

Golden, crumbly and simply delicious, it's no wonder the classic crumble never fails to please. Once you have one bite of this delectable treat, you'll be wanting more!

Pantry items

Brown Sugar, Butter

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

Medium baking dish

Ingredients

	6 People
apple	2
pear	2
sweet golden spice blend	1 sachet
brown sugar*	20g
water*	1 tbs
butter*	100g
classic oat mix	1 packet
vanilla custard	1 packet (600ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2200kJ (526Cal)	717kJ (171Cal)
Protein (g)	7.4g	2.4g
Fat, total (g)	22.2g	7.2g
- saturated (g)	13.7g	4.5g
Carbohydrate (g)	70.2g	22.8g
- sugars (g)	47.6g	15.5g
Sodium (mg)	208mg	68mg

*This recipe makes 6 servings

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Peel the **apple** and **pear** and cut into 1cm chunks.

TIP: Keep the skin on the fruit if you prefer.

TIP: Cut the fruit to the correct size so they cook in the allocated time.



2. Make the spiced fruit

In a 15cm x 20cm baking dish, combine the **apple**, **pear**, **sweet golden spice blend**, **brown sugar**, **water** and a **pinch of salt**.



3. Make the crumble

In a small saucepan, melt the **butter** over a low heat. In a medium bowl, combine the **classic oat mix** and melted **butter**.



4. Add the crumble

Sprinkle the crumble topping over the **spiced fruit** in the baking dish and spread evenly.



5. Bake the crumble

Bake until golden and the fruit is tender, **20-25 minutes**.

TIP: The fruit is cooked when you can pierce it easily with a fork.



6. Serve up

Divide the spiced apple and pear crumble between bowls. Serve with the **vanilla custard**.

Enjoy!