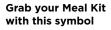


# Roasted Beef & Béarnaise Ciabatta

with Tomato-Capsicum Relish











Potato

Rosemary





**Premium Fillet** 

Steak

Wholegrain Mustard







**Red Onion** 





Capsicum

**Cherry Tomatoes** 





(Optional)

Chilli Flakes





**Shaved Parmesan** Cheese

**Rocket Leaves** 







Bake-At-Home Ciabatta

Béarnaise

**Balsamic Glaze** 

# **Pantry items**

Olive Oil, Brown Sugar, Balsamic Vinegar, Butter

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.

### 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
refer to method	refer to method
2	4
1 bunch	1 bunch
1 packet	2 packets
1 tub (40g)	2 tubs (80g)
2 cloves	4 cloves
1/2	1
1	2
1 punnet	2 punnets
1 sachet (pinch)	1 sachet (pinch)
1 tbs	2 tbs
1 tbs	2 tbs
⅓ cup	½ cup
20g	40g
1	2
1 packet (30g)	2 packets (60g)
<b>1 bag</b> (60g)	1 bag (120g)
2	4
1 tub (50g)	1 tub (100g)
½ bottle	1 bottle
	refer to method 2 1 bunch 1 packet 1 tub (40g) 2 cloves ½ 1 1 punnet 1 sachet (pinch) 1 tbs 1 tbs 14 cup 20g 1 1 packet (30g) 1 bag (60g) 2 1 tub (50g)

\*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



# 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.



#### 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.



#### 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!



#### 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.



# 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**.



# 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!** 

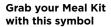
#### **Top Steak Tips!**

- 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.



# Spiced Apple & Pear Crumble

with Vanilla Custard









Apple





Sweet Golden Spice Blend

Classic Oat Mix

Vanilla Custard



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

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2200kJ (526Cal)	<b>717kJ</b> (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

<sup>\*</sup>This recipe makes 6 servings

may have changed.

#### **Allergens**

Always read product labels for the most up-to-date allergen information.
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# 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!**