



# SEARED STEAK & CARMELISED ONION CIABATTA

with Creamy Pesto Dressing



Make your own  
carmelised onion



Potato



Red Onion



Tomato



Beef Rump



Bake-At-Home  
Ciabatta



Creamy Pesto  
Dressing



Rocket Leaves

Hands-on: **25** mins  
Ready in: **30** mins

Love a good steak sambo? Meet our latest "don't go out when you can make it (better!) at home" recipe. Little touches like oven-baked ciabatta, caramelised onion and creamy pesto dressing are what take it from good to great.

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

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



## 1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Spread the fries over an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **25-30 minutes**.

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



## 2 GET PREPPED

While the fries are baking, thinly slice the **red onion**. Thinly slice the **tomato**.



## 3 CARAMELISE THE ONION

In a medium frying pan, heat the **butter** and a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and stir to combine. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## 4 COOK THE STEAK

Wipe out the frying pan and return to a high heat with a **drizzle** of **olive oil**. Slice each **beef rump** in half to get 1 steak per person and season both sides with **salt** and **pepper**. When the oil is hot, add the beef to the pan and cook for **2-3 minutes** each side (depending on thickness) or until cooked to your liking. **TIP:** This will give you a medium steak – cook for a little less time if you like it rare, or a little longer for well done. Transfer to a plate to rest.



## 5 HEAT THE CIABATTA

Place the **bake-at-home ciabatta** on a second oven tray lined with baking paper and cook until heated through, **5 minutes**.



## 6 SERVE UP

Thinly slice the steak. Cut the ciabatta in half. Spread the ciabatta with the **creamy pesto dressing**, then top with the sliced steak, caramelized onion, tomato slices and **rocket leaves**. Serve with the fries.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
red onion	1	2
tomato	1	2
butter*	20 g	40 g
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1½ tsp	3 tsp
beef rump	1 packet	1 packet
bake-at-home ciabatta	2	4
creamy pesto dressing	1 tub (50 g)	1 tub (100 g)
rocket leaves	1 bag (30 g)	1 bag (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3620kJ (866Cal)	521kJ (125Cal)
Protein (g)	53.3g	7.7g
Fat, total (g)	35.8g	5.2g
- saturated (g)	10.3g	1.5g
Carbohydrate (g)	74.7g	10.7g
- sugars (g)	13.6g	2.0g
Sodium (g)	652mg	94mg

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

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