



# Beef Rump & Caramelised Mushroom Ciabatta

with Peppery-Rocket Tomato Salad & Golden Fries

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Red Onion



Tomato



Sliced Mushrooms



Italian Herbs



Beef Rump



Bake-At-Home Ciabatta



Mayonnaise



Spinach, Rocket & Fennel Mix



Diced Bacon

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

There's something so satisfying about a steak sambo. The perfectly chewy ciabatta stands up well to the tender steak and the mushroom-laced caramelised onions. Serve with golden and crispy fries and you have yourself a solid pub meal, at home!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
red onion	1	2
tomato	1	2
sliced mushrooms	1 medium packet	1 large packet
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
Italian herbs	1 medium sachet	2 medium sachets
beef rump	1 small packet	1 large packet
bake-at-home ciabatta	2	4
mayonnaise	1 medium packet	1 large packet
spinach, rocket & fennel mix	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3202kJ (765Cal)	442kJ (106Cal)
Protein (g)	48.5g	6.7g
Fat, total (g)	23.3g	3.2g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	86.6g	12g
- sugars (g)	14.2g	2g
Sodium (mg)	948mg	131mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3160kJ (755Cal)	585kJ (140Cal)
Protein (g)	80.8g	15g
Fat, total (g)	14g	2.6g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	74g	13.7g
- sugars (g)	11.7g	2.2g
Sodium (mg)	1127mg	209mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Bake the fries

- Preheat the oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide fries between two trays.

4



## Cook the steak

- See '**Top Steak Tips!**' (below). When the fries have **10 minutes** remaining, combine **Italian herbs** and a good pinch of **salt** and **pepper** in a medium bowl. Add **beef rump**, then turn to coat.
- Wipe out the frying pan and return to high heat with a drizzle of **olive oil**. When the oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

### Top Steak Tips!

- Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
- For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



## Get prepped

- Meanwhile, thinly slice **red onion**.
- Thinly slice **tomato**.

5



## Heat the ciabatta

- Place **bake-at-home ciabatta** directly on a wire oven rack and bake, until heated through, **5 minutes**.

3



## Caramelize the mushrooms

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion** and **sliced mushrooms**, stirring regularly until softened, **5-6 minutes**.
- Reduce the heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**, and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

**Custom Recipe:** If you've added diced bacon, cook diced bacon with mushrooms and onion, stirring regularly, 5-6 minutes. Continue as above.

6



## Serve up

- Slice the beef rump.
- Slice each ciabatta in half, then spread with **mayonnaise**.
- Top with the sliced steak, caramelised mushroom, tomato slices and **spinach, rocket & fennel mix**. Serve with fries. Enjoy!

## Rate your recipe

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