

Steak, Onion & Mushroom Ciabatta

with Parmesan Fries & Truffle Mayo

PUB BISTRO

Grab your Meal Kit with this symbol



Potato



Brown Onion



Black Peppercorns



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Salad Leaves



Shaved Parmesan Cheese



Sliced Mushrooms



Mayonnaise



Beef Rump



Italian Truffle Mayonnaise

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 meaty mushroom-laced caramelised onions. Serve with golden and crispy Parmesan fries and you have yourself a solid pub meal, at home!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Vinegar (White Wine or Balsamic)

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
brown onion	½	1
sliced mushrooms	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water*	½ tbs	1 tbs
black peppercorns	1 medium sachet	1 large sachet
mayonnaise	1 medium packet	1 large packet
beef rump	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
bake-at-home ciabatta	2	4
salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
Italian truffle mayonnaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3713kJ (887Cal)	562kJ (134Cal)
Protein (g)	52.3g	7.9g
Fat, total (g)	35.6g	5.4g
- saturated (g)	6.4g	1g
Carbohydrate (g)	86.2g	13g
- sugars (g)	11.1g	1.7g
Sodium (mg)	1426mg	216mg

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.

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Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries. Place on lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, remove from oven, sprinkle with **shaved Parmesan cheese** and bake until golden and crispy, **5 minutes**.

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



Cook the steak

- Wipe out and return the frying pan to high heat with a drizzle of **olive oil**.
- When 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!

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 5 minutes before slicing.



Caramelize the onion & mushroom

- Meanwhile, thinly slice **brown onion** (see ingredients). In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **onion** and **sliced mushrooms** and cook, stirring regularly until softened, **6-8 minutes**. Reduce heat to medium.
- Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Bring it all together

- When the fries have **5 minutes** remaining, place the **bake-at-home ciabatta** directly on the wire racks in the oven and cook until heated through, **5 minutes**.
- Meanwhile, in a medium bowl, combine **salad leaves**, a drizzle of **olive oil** and a drizzle of **vinegar**. Season.



Get prepped

- While the onion and mushroom are cooking, crush **black peppercorns** in a mortar and pestle, or in their sachet using a rolling pin.
- In a small bowl, combine **mayonnaise** and **peppercorns**. Set aside.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine **beef**, **garlic** and **herb seasoning** and a drizzle of **olive oil**. Season.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Serve up

- Slice beef steak. Slice ciabatta in half.
- Spread the ciabatta with peppercorn mayo, then top with the beef steak, caramelized onion and mushrooms and dressed salad leaves.
- Serve with the Parmesan fries and **Italian truffle mayonnaise**. Enjoy!

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