

with Parmesan Fries & Truffle Mayo

PUB BISTRO











Potato





Black Peppercorns

Garlic & Herb Seasoning

Ciabatta

Salad Leaves





Shaved Parmesan Cheese

Sliced Mushrooms





Beef Rump

Mayonnaise



Mayonnaise

Italian Truffle

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



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

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	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	1/2	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	
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^{*}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.



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.



Caramelise 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.



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.



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.



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.

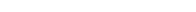


Serve up

- · Slice beef steak. Slice ciabatta in half.
- Spread the ciabatta with peppercorn mayo, then top with the beef steak, caramelised onion and mushrooms and dressed salad leaves.
- · Serve with the Parmesan fries and Italian truffle mayonnaise. 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 5 minutes before slicing.



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