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Tasty Tagliata with Roasted Garlic & Cherry Tomatoes

The perfect steak is as easy as 1,2,3: 1) take your steak out of the fridge an hour before you plan to cook it so that it comes nearer to room temperature; 2) get your pan really hot before cooking; and 3) once you've cooked it leave it to rest for a few minutes before slicing. Easy!



Prep: 5 mins
Cook: 45 mins
Total: 50 mins



level 1



lactose free



gluten free

Pantry Items



Olive Oil



Balsamic Vinegar



Sweet Potato



Cherry Tomatoes



Garlic



Premium Beef Rump



Rocket Leaves

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| 2P | 4P | Ingredients |
|----------|-----------|---|
| 400 g | 800 g | sweet potato, unpeeled & cut into 1 cm thick wedges |
| 1 ½ tbs | 3 tbs | olive oil * |
| 1 punnet | 2 punnets | cherry tomatoes |
| 3 cloves | 6 cloves | garlic, unpeeled & left whole |
| 1 steak | 2 steaks | premium beef rump |
| 3 tsp | 6 tsp | balsamic vinegar * |
| ½ bag | 1 bag | rocket leaves, washed |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2100 | Kj |
| Protein | 44.7 | g |
| Fat, total | 19.5 | g |
| -saturated | 5.1 | g |
| Carbohydrate | 33 | g |
| -sugars | 15.4 | g |
| Sodium | 126 | mg |



You will need: *chef's knife, chopping board, two oven trays lined with baking paper, medium frying pan, tongs, plate, aluminium foil, small bowl and fork*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Toss the **sweet potato** in half of the olive oil and season with **salt** and **pepper**. Place on one of the prepared oven trays and cook in the oven for **45 minutes**, or until golden and tender. Toss the **cherry tomatoes** in half of the remaining olive oil and add to the remaining tray with the **garlic**. Add to the oven in the last **25 minutes** of the potato cooking time.



3 Meanwhile, lightly oil the **premium beef rump steak** and season with salt and pepper. Heat a medium frying pan over a medium-high heat. Add the steak and cook for **2-3 minutes** on each side for medium rare or until cooked to your liking. Cooking times will vary depending on the thickness of your steak. Transfer the steak to a plate and cover with foil. Rest for **5 minutes**. Then cut it into 1 cm thick slices.

Tip: Don't be tempted to skip resting the steak. It is an integral part of the cooking process to ensure your meat is tender.

4 Squeeze the flesh of one of the roasted garlic cloves into a small bowl. Add the **balsamic vinegar** and the remaining olive oil. Whisk with a fork until well combined. Season with salt and pepper. Toss the **rocket leaves** in the dressing and then divide between plates.

5 To serve, top the rocket with the cherry tomatoes and sliced beef rump. Serve with the sweet potato wedges and extra roasted garlic.



Did you know? The word tagliata is used in Italian meaning cutting, cut.