

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



gluten

Pantry Items









Cherry Tomatoes





Premium Beef Rump



Rocket Leaves

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	B
1 steak	2 steaks	premium beef rump	
3 tsp	6 tsp	balsamic vinegar *	
½ bag	1 bag	rocket leaves, washed	B

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Pantry	/ Items			
Pre-preparation				
Nutrition per serve				
Energy	2100	Kj		
Protein	44.7	g		
Fat, total	19.5	g		
-saturate	ed 5.1	g		

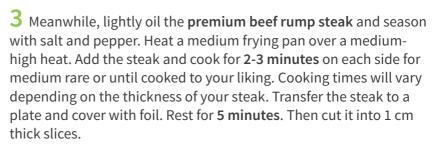
-sugars Sodium

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.



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.