



WARM PESTO, VEGGIE & BEEF TOSS

with Ciabatta Croutons & Roasted Almonds



Make crunchy croutons in a pan



Carrot



Red Capsicum



Red Onion



Bake-At-Home Ciabatta



Beef Rump



Rocket Leaves



Traditional Pesto



Roasted Almonds

Pantry Staples



Olive Oil



Honey



White Wine Vinegar



Hands-on: 20 mins

Ready in: 45 mins

This is the kind of dish that reminds you we really do live in the lucky country. Mod Oz cuisine means that sizzling beef rump steak is at home with tasty pesto, croutons and roasted vegetables. We think it's bloody good, even if we do say so ourselves!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **vegetable peeler**, **chef's knife**, **chopping board**, **medium frying pan**, **tongs**, **bowl**, **aluminium foil**, **large bowl** and **spoon**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Peel and cut the **carrot** into 2 cm pieces. Cut the **red capsicum** into 2 cm pieces. Cut the **red onion** into thin slices.



2 MAKE THE CROUTONS

Cut the **bake-at-home ciabatta** into 1 cm croutons. Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the ciabatta croutons to the pan and cook for **3-4 minutes**, or until golden and slightly crispy. Remove and set aside.



3 COOK THE VEGGIES

Return the pan to a medium-high heat and add an extra **drizzle of olive oil** (if needed). Add the **red onion**, the **carrot** and the **red capsicum** and cook for **4-5 minutes**, or until slightly softened. Remove and set aside in a bowl. Cover with foil to keep warm.



4 COOK THE BEEF

Increase the heat to high and add another **drizzle of olive oil**. Once hot, add the **beef rump** and cook for **2 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done. Set aside on a plate and cover with foil to rest for **5 minutes**. Thinly slice.



5 TOSS TOGETHER

While the steak is resting, combine a **drizzle of olive oil**, the **honey** and the **white wine vinegar** in a large bowl. Add the **rocket leaves**, the cooked vegetables, the **roasted almonds** and the **croutons** and toss to coat. Season to taste with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the veggie toss between plates and top with the sliced steak. Dollop with the **traditional pesto**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
red capsicum	1	2
red onion	1	2
bake-at-home ciabatta	1	2
beef rump	1 steak	2 steaks
honey*	1 tsp	2 tsp
white wine vinegar*	1 tsp	2 tsp
rocket leaves	1 bag	2 bags
roasted almonds	1 packet (¼ cup)	2 packets (½ cup)
traditional pesto	1 tub (75 g)	2 tubs (150 g)

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3350kJ (801Cal)	635kJ (152Cal)
Protein (g)	44.7g	8.5g
Fat, total (g)	53.0g	10.0g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	33.5g	6.3g
- sugars (g)	15.0g	2.8g
Sodium (g)	428mg	81mg

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2017 | WK32 | C5

HelloFRESH