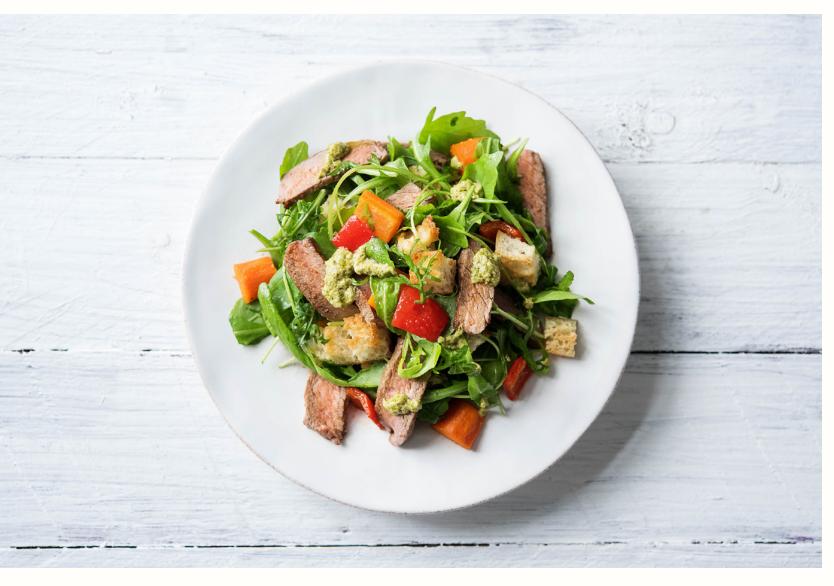


WARM PESTO, VEGGIE & BEEF TOSS

with Ciabatta Croutons & Roasted Almonds



Make crunchy croutons in a pan





Carrot

Red Capsicum





Red Onior

Bake-At-Hom





Beef Rumn

Rocket Leave





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!

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.



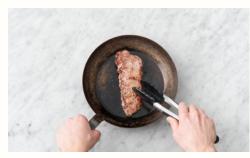
Technical Preheat the oven to 200°C/180°C fanforced. Peel and cut the carrot into 2 cm pieces. Cut the red capsicum into 2 cm pieces. Cut the red onion into thin slices.



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
cripsy. Remove and set aside.



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.



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.



SERVE UPDivide 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
at, 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

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