



Everything But The Chef

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Chipotle Steak Sandwich

Life is short – why not eat dinner with one hand? We’re ditching the cutlery and tucking into this hot and smoky steak sanga. While enjoying the freedom afforded by a one-handed supper, why not try: a) Whipping out a yo-yo trick? b) Waving to children and pets? c) High-fiving other people munching on this delight?

Pantry Items: Olive Oil, Whole Egg Mayonnaise, Butter

Prep: 5 mins
Cook: 20 mins
Total: 25 mins
level 2
high fibre
high protein
spicy



Red Capsicum



Beef Rump Steak



Ciabatta



Chipotle Chilli Powder



Rocket

2P	4P	Ingredients	
½	1	red capsicum, halved & seeds removed	⊕
2 tsp	1 tbs	olive oil *	
1	2	beef rump steak	
1	2	ciabatta, halved crossways	
2 tbs	4 tbs	whole egg mayonnaise *	
½ tsp	1 tsp	chipotle chilli powder	
1 tsp	2 tsp	butter *	
70 g	140 g	rocket, washed	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2350	Kj
Protein	46.9	g
Fat, total	19.8	g
-saturated	5.7	g
Carbohydrate	42.4	g
-sugars	7	g
Sodium	699	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, oven tray lined with aluminium foil, cling wrap, medium frying pan, plate, aluminium foil, and a small bowl.*

1 Preheat the grill to hot.

2 Place the **red capsicum** skin side up on the prepared oven tray under the preheated grill. Grill for **10-12 minutes** or until the skin has charred. Transfer the capsicum halves to a bowl and cover with cling wrap. Set aside for **5 minutes**. Remove the cling wrap and peel away the skin. Slice the capsicum into strips. Keep the grill on to cook the bread in step 4.



3 Meanwhile, rub the **olive oil** over the **beef rump steak** and season with **salt** and **pepper**. Place a medium frying pan over a medium-high heat. Cook the steak for **2-3 minutes** on each side or until cooked to your liking. Cooking times will vary depending on the thickness of your steak. Transfer to a plate, cover with foil and rest for **5 minutes**. Cut on a slight angle into 1 cm thick slices.



4 Slice each piece of **ciabatta** in half lengthways. Place the ciabatta under the grill, cut side up, until toasted (approximately **2 minutes**) then flip and cook the other side for a further **1 minute** or until toasted to your liking.



5 Combine the **mayonnaise** and **chipotle chilli powder** in a bowl. **Warning:** this seasoning is spicy.

6 To assemble, **butter** each side of the ciabatta. Layer with the **rocket**, red capsicum strips, steak slices and chipotle mayonnaise.

Did you know? 'Chipotle' comes from the Aztec word "chilpochtli" meaning smoked chilli.