



Italian Steak & Creamy Pesto Wraps

with Caramelised Onion

Grab your Meal Kit with this symbol



Potato



Red Onion



Garlic



Tomato



Cos Lettuce



Beef Rump



Italian Herbs



Classic Wraps



Creamy Pesto Dressing

Hands-on: 35 mins
Ready in: 25 mins

Low Calorie

It's steak and fries, but not how you know it. Fill soft wraps with herbed steak, tomato, crisp cos lettuce, creamy pesto dressing and caramelised onion, and you've got an easy Italian-style dinner that'll go down a treat.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	3
red onion	2
balsamic vinegar*	¼ cup
water*	2 tbs
brown sugar*	1 tbs
garlic	2 cloves
tomato	2
cos lettuce	1 head
beef rump	1 packet
Italian herbs	1 sachet
classic wraps	8
creamy pesto dressing	1 tub (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2100kJ (502Cal)	382kJ (91Cal)
Protein (g)	34.7g	6.3g
Fat, total (g)	22.4g	4.1g
- saturated (g)	4.0g	0.7g
Carbohydrate (g)	37.9g	6.9g
- sugars (g)	15.7g	2.9g
Sodium (g)	187mg	34mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



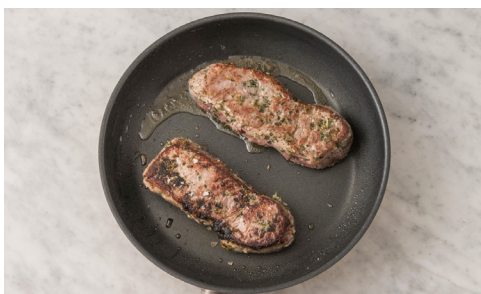
2. Caramelize the onion

While the fries are baking, thinly slice the **red onion**. In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **5-6 minutes**. Transfer to a small bowl.



3. Get prepped

While the onion is caramelising, finely chop the **garlic** (or use a garlic press). Thinly slice the **tomato** into half-moons. Shred the **cos lettuce**. In a large bowl, add the **beef rump**, **garlic** and **Italian herbs**. **Drizzle** with **olive oil** and season generously with **salt** and **pepper**. Toss to combine.



4. Cook the beef

When the fries have **10 minutes** cook time remaining, wipe out the frying pan and return to a high heat. When the pan is hot, add the **beef rump** and cook until cooked to your liking, **2-3 minutes** each side (depending on thickness). Transfer to a plate to rest. Thinly slice before serving.

TIP: This will give you a medium steak but cook for a little less time if you like it rare, or a little longer for well done.



5. Heat the wraps

While the steak is resting, heat the **classic wraps** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



6. Serve up

Take everything to the table to serve. Spread the **creamy pesto dressing** over the classic wraps and top with the cos lettuce, tomato, steak and caramelised onion. Serve with the fries on the side, or add them to your wrap!

Enjoy!