

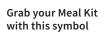
Prep in: 35-45 mins

Ready in: 40-50 mins

with Charred Veggies & Caprese Salad

AL FRESCO











Zucchini





Snacking Tomatoes

Bake-At-Home Ciabatta





Salad Leaves Flaked Almonds





Pearl Bocconcini

Premium Sirloin

Creamy Pesto



Dressing

Garlic Paste



Dressing



Pantry items Olive Oil, Butter

summer-time classic so we thought that we'd bring in some of our favourtite Italian flavours to level this one up!

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

BBQ · Oven tray lined with baking paper · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
premium sirloin tip	1 small packet	1 large packet
zucchini	1	2
capsicum	1	2
snacking tomatoes	1 punnet	2 punnets
bake-at-home ciabatta	2	4
pearl bocconcini	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
butter*	20g	40g
garlic paste	1 packet	2 packets
mustard cider dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3518kJ (841Cal)	574kJ (137Cal)
Protein (g)	53g	8.7g
Fat, total (g)	39.9g	6.5g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	64.7g	10.6g
- sugars (g)	8.1g	1.3g
Sodium (mg)	1194mg	195mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
- **3.** For ultimate tenderness, let steak rest on a plate for 10 minutes before slicing.



Cook the sirloin

- Preheat BBQ to high heat. In a medium bowl, add premium sirloin tip and a drizzle of olive oil. Season and turn to coat.
- See 'Top Steak Tips! (below left). When BBQ is hot, sear sirloin until browned all over,
 1 minute on all sides, then grill sirloin for
 15-20 minutes, turning occasionally, for medium, or until cooked to your liking. Transfer to a plate to rest for 10 minutes (steak will keep cooking as it rests!).

NO BBQ? Preheat oven to 220°C/200°C fan-forced. Heat a large frying pan over high heat. Sear sirloin until browned, 1 minute on both sides. Transfer to a lined oven tray and roast for 17-22 minutes for medium or until cooked to your liking. Remove from oven and cover with foil to rest for 10 minutes.



Grill the bread

• Grill ciabatta, cut-side down, until lightly golden, 2-3 minutes.

NO BBQ? Place ciabatta directly on wire racks in oven and bake until heated through, 3-4 minutes.



Get prepped

- Thinly slice zucchini into strips lengthways. Slice capsicum. Halve snacking tomatoes.
- Slice bake-at-home ciabatta in half lengthways.
 Brush ciabatta with olive oil and season with salt and pepper.
- In a medium bowl, combine zucchini and capsicum and a drizzle of olive oil, then season with salt and pepper.



Grill the veggies

 With 10 minutes cook time remaining on the sirloin, grill zucchini and capsicum until charred and tender, 3-5 minutes each side. Transfer to a serving bowl.

NO BBQ? Return frying pan to high heat with a drizzle of olive oil. Cook veggies until tender, 4-6 minutes. Transfer to a serving bowl.



Make the salad

- Meanwhile, tear pearl bocconcini.
- In a large bowl, combine bocconcini, salad leaves, tomatoes and creamy pesto dressing.
 Season to taste.
- In a small heatproof bowl, melt the butter and garlic paste in the microwave, in 10 second bursts, until fragrant. Season with salt.



Serve up

- Spread ciabatta with garlic butter.
- Slice sirloin tip. Pour over mustard cider dressing.
- Bring sirloin, charred veggies, caprese salad and ciabatta to the table. Sprinkle with **flaked** almonds. Build your own ciabatta rolls. Enjoy!



Scan here if you have any questions or concerns

