



Italian Steak Sandwich Feast

with Charred Veggies & Caprese Salad

AL FRESCO



Grab your Meal Kit with this symbol



Zucchini



Capsicum



Snacking Tomatoes



Bake-At-Home Ciabatta



Salad Leaves



Flaked Almonds



Premium Sirloin Tip



Pearl Bocconcini



Creamy Pesto Dressing



Garlic Paste



Mustard Cider Dressing

Prep in: 35-45 mins
Ready in: 40-50 mins

Embrace the balmy summer days and nights and dine outdoors with our delicious Al Fresco recipes. These satisfying share-style meals are packed with fresh seasonal ingredients, perfect for summer entertaining. Steak sandwiches are a summer-time classic so we thought that we'd bring in some of our favourite Italian flavours to level this one up!

Pantry items

Olive Oil, Butter

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

	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.
2. 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!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate