



Seared Steak & Caramelised Onion Ciabatta

with Creamy Pesto Dressing



Potato



Red Onion



Tomato



Italian Herbs



Beef Rump



Bake-At-Home Ciabatta



Creamy Pesto Dressing



Rocket Leaves

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Love a good steak sambo? Meet our latest "don't go out when you can make it (better!) at home" recipe. Little touches like oven-baked ciabatta, sweet caramelised onion and a vibrant pesto are what take it from good to great.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
red onion	1	2
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	½ tbs
brown sugar*	1 tsp	2 tsp
italian herbs	1 sachet	2 sachets
beef rump	1 small packet	1 large packet
bake-at-home ciabatta	2	4
creamy pesto dressing	1 packet (50g)	1 packet (100g)
rocket leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3412kJ (815Cal)	518kJ (123Cal)
Protein (g)	46g	7g
Fat, total (g)	27.6g	4.2g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	89.9g	13.6g
- sugars (g)	12.1g	1.8g
Sodium (mg)	756mg	115mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, spread in a single layer, then bake until tender, **20-25 minutes**.

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



Get prepped

While the fries are baking, thinly slice the **red onion**. Thinly slice the **tomato**.



Caramelize the onion

In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion**, stirring regularly, until softened, **5-6 minutes**. Reduce the heat to medium. Add the **balsamic vinegar**, the **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Cook the steak

See 'Top Steak Tips' (below)! When the fries have **10 minutes** remaining, place the **Italian herbs** and a good pinch of **salt** and **pepper** in a medium bowl. Add the **beef rump**, turning to coat. Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **steak** for **2-3 minutes** on each side for medium (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Bake the ciabatta

Place the **bake-at-home ciabatta** directly on the wire racks of the oven and cook until heated through, **5 minutes**.



Serve up

Slice the seared steak. Slice each ciabatta in half, then spread with the **creamy pesto dressing**. Top with the sliced steak, caramelized onion, tomato slices and **rocket leaves**. Serve with the fries.

Enjoy!

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 5 minutes before slicing.