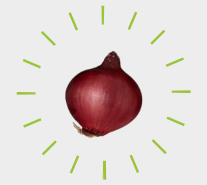




# SEARED STEAK & CARMELISED ONION CIABATTA

with Rocket & Beet-Walnut Dip



Master  
caramelised onions



Red Onion



Roma Tomato



Beef Rump



Bake-At-Home Ciabatta



Beetroot, Pomegranate &  
Walnut Dip



Rocket Leaves



Hands-on: 15 mins  
Ready in: 30 mins

Life is short – why not eat dinner with one hand? We're ditching the cutlery and tucking into this steak ciabatta care free. 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 Staples:** Olive Oil, Butter, Vinegar  
(Balsamic Or Red Wine), Brown Sugar



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **medium frying pan**, **tongs**, **plate**, **aluminium foil**, **wooden spoon** and a **spoon**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely slice the **red onion**. Slice the **Roma tomato**.



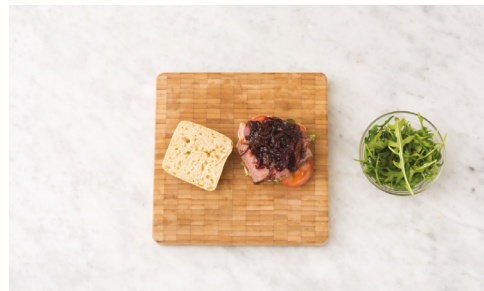
### 2 COOK THE STEAK

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Season the **beef rump** steak on both sides with a **pinch** of **salt** and **pepper**, and cook for **2-3 minutes** on each side (**depending on thickness**), or until cooked to your liking. **TIP:** This will give you a medium steak so cook a little less for rare or a little longer for well done. Set aside on a plate to rest for **5 minutes** and cover with foil. Slice into 0.5 cm thick slices.



### 4 HEAT THE CIABATTA

While the onions are caramelising, place the **bake-at-home ciabatta** directly onto the wire racks in the oven and cook for **4 minutes**, or until heated through. **TIP:** Placing the bread directly onto the wire racks allows the bottom to crisp up.



### 5 ASSEMBLE THE CIABATTAS

Slice the ciabatta in half and spread the **beetroot, pomegranate & walnut dip** along the base using the back of a spoon. Top with a handful of **rocket leaves**, **tomato** slices, sliced **steak** and **caramelised onions**. In a medium bowl, combine the **olive oil** (2 tsp for 2 people / 1 tbs for 4 people), **vinegar** (1 tsp for 2 people / 2 tsp for 4 people) and a **pinch** of **salt** and **pepper**. Add the **remaining** rocket leaves and toss to combine.



### 3 MAKE THE CARMELISED ONION

While the steak is resting, return the pan to a medium-high heat and add the **butter** and a **drizzle** of **olive oil**. **TIP:** The oil prevents the butter from burning. Add the **red onion** and cook, stirring, for **4-5 minutes**, or until soft. Add the **vinegar**, **brown sugar** and **water** (check ingredients list for the amount) and cook for a further **3 minutes**, or until sticky. **TIP:** Stand back! Vinegar emits a strong vapour when heated.



### 6 SERVE UP

Slice the seared steak and caramelised onion ciabatta in half and divide between plates. Serve the rocket salad on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
Roma tomato	1	2
beef rump	1 packet	1 packet
butter*	10 g	20 g
vinegar* (balsamic or red wine)	1 tbs	2 tbs
brown sugar*	1½ tsp	3 tsp
water*	2 tsp	1 tbs
bake-at-home ciabatta	2	4
beetroot, pomegranate & walnut dip	1 tub (50 g)	1 tub (100 g)
rocket leaves	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2640kJ (631Cal)	520kJ (124Cal)
Protein (g)	44.7g	8.8g
Fat, total (g)	17.7g	3.5g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	69.2g	13.6g
- sugars (g)	14.6g	2.9g
Sodium (g)	775mg	153mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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