

## **TUSCAN BEEF & ROAST VEGETABLES**

with Béarnaise Sauce





Make ciabatta croutons





Sweet Potato



Zucchini



**Red Onion** 



Thyme



Beef Rump



Italian Herbs



Bake-At-Home Ciabatta

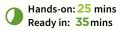


Baby Spinach



Béarnaise Sauce

Pantry Staples: Olive Oil





One of the many reasons to love cooking is that it can transport you. Even if you haven't got a holiday coming up, this dish of tender sliced beef strips draped over Tuscan style roast veggies and crunchy ciabatta bread croutons will conjure up visions of an Italian farmhouse in pastoral fields. Buon Appetito!

# **BEFORE YOU**

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• two oven trays lined with baking paper • large frying pan





### **ROAST THE VEGGIES**

Preheat the oven to 220°C/200°C fanforced. Finely chop the garlic (or use a garlic press). Cut the **sweet potato** (unpeeled) into 2cm chunks. Cut the zucchini into 2cm chunks. Cut the **red onion** into 2cm wedges. Pick the **thyme** leaves. Divide the garlic, sweet potato, zucchini, onion and thyme between two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** 

and a pinch of pepper. Toss to coat then roast for 25-30 minutes, or until tender.

\*TIP: Cut the veg to the correct size so they cook in the allocated time.



ADD FLAVOUR TO THE STEAK While the veggies are roasting, cut the **beef rump** into smaller steaks. In a medium bowl, combine the beef rump and Italian herbs. Drizzle with olive oil and season with salt and pepper. Toss to coat.



**COOK THE STEAK** In a medium frying pan, heat a drizzle of olive oil over a high heat. When the oil is hot, add 1/2 the beef rump and cook for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. Repeat with the remaining beef rump. \*TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.



olive oil'

sweet potato zucchini red onion

garlic

thyme salt\*

beef rump

Italian herbs

bake-at-home ciabatta

baby spinach leaves

béarnaise sauce

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2160kJ (516Cal)	476kJ (114Cal)
Protein (g)	34.5g	7.6g
Fat, total (g)	25.7g	5.7g
- saturated (g)	5.8g	1.3g
Carbohydrate (g)	34.1g	7.5g
- sugars (g)	10.9g	2.4g
Sodium (g)	483mg	106mg

**INGREDIENTS** 

refer to method

1 clove 2

1 1 bunch

1/4 tsp

1 packet

1 sachet

1 bag

(30 g)

1 tub

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



**COOK THE CROUTONS** While the steak is resting, tear the bake-at-home ciabatta into 1cm chunks. Return the pan to a medium-high heat with a generous drizzle of olive oil. Add the ciabatta to the frying pan and cook, stirring regularly, for 6-8 minutes, or until golden and slightly crispy.



**BRING IT ALL TOGETHER** In a large bowl, combine the roasted veggies and baby spinach leaves. Drizzle with a little olive oil and toss to combine. Season to taste with **salt** and **pepper**. Add the **croutons** to the bowl just before serving.



**SERVE UP** Thinly slice the steak. Divide the Tuscan roast vegetables between plates and top with the sliced Italian beef. Serve with the béarnaise sauce.

TIP: For kids, follow our serving suggestion in the main photo!

**ENJOY!** 

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