



TUSCAN BEEF & ROAST VEGETABLES

with Béarnaise Sauce



Make ciabatta
croutons



Garlic



Sweet Potato



Zucchini



Red Onion



Thyme



Beef Rump



Italian Herbs



Bake-At-Home
Ciabatta



Baby Spinach
Leaves



Béarnaise Sauce



Hands-on: **25** mins

Ready in: **35** mins



Low calorie

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!

Pantry Staples: Olive Oil

BEFORE YOU START

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**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. 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.



4 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.



2 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.



5 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.



3 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.



6 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!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
sweet potato	2
zucchini	2
red onion	1
thyme	1 bunch
salt*	¼ tsp
beef rump	1 packet
Italian herbs	1 sachet
bake-at-home ciabatta	1
baby spinach leaves	1 bag (30 g)
béarnaise sauce	1 tub (100 g)

*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

For allergens and ingredient information, visit 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

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