



Seared Steak & Caramelised Onion Subs

with Golden Fries & Basil Pesto

Grab your Meal Kit
with this symbol



Potato



Red Onion



Tomato



Beef Rump



Ciabatta



Basil Pesto



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, caramelised onion and basil pesto are what take it from good to great.

Pantry items

Olive Oil, Butter, 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 ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
red onion	1 (medium)	1 (large)
tomato	1	2
butter*	20g	40g
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	4 tsp
brown sugar*	1 tsp	2 tsp
beef rump	1 packet	1 packet
ciabatta	2	4
basil pesto	1 packet (50g)	1 packet (100g)
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3570kJ (854Cal)	515kJ (123Cal)
Protein (g)	54.5g	7.9g
Fat, total (g)	34.0g	4.9g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	73.0g	10.5g
- sugars (g)	11.5g	1.7g
Sodium (mg)	662mg	96mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Spread over an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

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



2. Get prepped

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



3. Caramelize the onion

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



4. Cook the steak

See Top Steak Tips (bottom) for extra info!

Wipe out the frying pan and return to a high heat with a **drizzle** of **olive oil**. Season both sides of the **beef rump** with **salt** and **pepper**. When the oil is hot, cook the **beef rump** for **2-3 minutes** on each side (depending on thickness) or until cooked to your liking. Transfer to a plate to rest.



5. Heat the ciabatta

While the steak is resting, place the **ciabatta** directly on the wire rack of the oven and bake until heated through, **5 minutes**.



6. Serve up

Thinly slice the steak. Slice the ciabatta in half. Spread the ciabatta with the **basil pesto**, then top with the steak, caramelised onion, tomato 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.