

Steak, Caramelised Onion & Mushroom Subs

with Ciabatta, Parmesan Fries & Truffle Mayo

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Onion



Mushrooms



Black Peppercorns



Mayonnaise



Beef Rump



Garlic & Herb Seasoning



Ciabatta



Salad Leaves



Italian Truffle Mayonnaise

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 warm ciabatta, caramelised onion and creamy truffle mayo are what take it from good to great.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

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
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
onion	1 (medium)	1 (large)
mushrooms	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
black peppercorns	½ sachet	1 sachet
mayonnaise	1 packet (40g)	1 packet (80g)
beef rump	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
ciabatta	1 packet	2 packets
salad leaves	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3804kJ (909Cal)	544kJ (130Cal)
Protein (g)	54.7g	7.8g
Fat, total (g)	34.2g	4.9g
- saturated (g)	9.3g	1.3g
Carbohydrate (g)	92.4g	13.2g
- sugars (g)	19.1g	2.7g
Sodium (mg)	1445mg	207mg

The quantities provided above are averages only.

Allergens

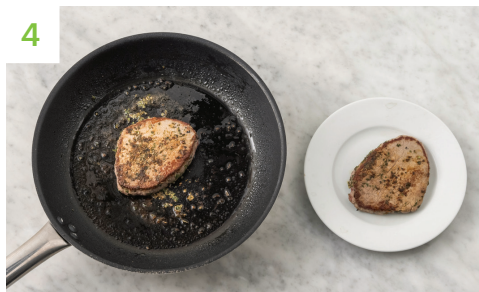
Always read product labels for the most up-to-date allergen information.

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



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25 minutes**. Remove from the oven, then sprinkle with the **grated Parmesan cheese** and bake until golden and crispy, a further **5-8 minutes**.



Cook the steak

Wash and dry the frying pan, then return to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Caramelize the mushrooms

While the fries are baking, thinly slice the **onion** and **mushrooms**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **mushroom**, stirring, until softened, **6-8 minutes**. Reduce the heat to medium, then add the **balsamic vinegar**, **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Bring it all together

When the fries have **5 minutes** cook time remaining, bake the **ciabatta** directly on the wire oven rack until heated through, **5 minutes**. Meanwhile, combine the **salad leaves** and a drizzle of **white wine vinegar** and **olive oil** in a second medium bowl. Season to taste.



Get prepped

While the onion and mushrooms are cooking, crush the **black peppercorns** (see ingredients) with a mortar and pestle, or in their sachet using a rolling pin. In a small bowl, combine the **mayonnaise** and crushed **peppercorns**. Set aside. Place the **beef rump** between two sheets of baking paper. Pound the **beef** with a meat mallet or rolling pin until slightly flattened. In a medium bowl, combine the **garlic & herb seasoning** and a drizzle of **olive oil**. Add the **beef**, season and turn to coat.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Serve up

Slice the steak. Slice the ciabatta in half, then spread with the peppercorn mayo. Top with the steak, caramelised onion and mushrooms and dressed salad leaves. Serve with the Parmesan fries and **Italian truffle mayonnaise**.

Enjoy!