

Steak, Caramelised Onion & Mushroom Subs

with Ciabatta, Parmesan Fries & Truffle Mayo

Grab your Meal Kit with this symbol



Potato



Onion



Portabello Mushrooms



Black Peppercorns



Garlic & Herb Seasoning



Ciabatta



Salad Leaves



Grated Parmesan Cheese



Mayonnaise



Beef Rump



Italian Truffle Mayonnaise

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 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, Brown Sugar, Balsamic Vinegar, 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) |
| portabello mushrooms | 1 packet | 1 packet |
| brown sugar* | 1 tsp | 2 tsp |
| balsamic vinegar* | 1 tbs | 2 tbs |
| water* | ½ tbs | 1 tbs |
| black peppercorns | ½ sachet | 1 sachet |
| mayonnaise | 1 medium packet | 1 large packet |
| beef rump | 1 packet | 1 packet |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| ciabatta | 1 packet | 2 packets |
| salad leaves | 1 small bag | 1 medium bag |
| white wine vinegar* | drizzle | drizzle |
| Italian truffle mayonnaise | 1 packet | 2 packets |

*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 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 **grated Parmesan cheese** and bake until golden and crispy, a further **5-8 minutes**.



Cook the steak

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



Caramelize the onion & mushroom

- While the fries are baking, thinly slice **onion** and **portabello mushrooms**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **mushroom**, stirring, until softened, **6-8 minutes**.
- Reduce heat to medium, then add the **brown sugar**, **balsamic vinegar** and the **water** 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 **ciabatta** directly on the wire oven rack until heated through, **5 minutes**.
- Meanwhile, combine **salad leaves** and a drizzle of **white wine vinegar** and **olive oil** in a second medium bowl. Season to taste.



Get prepped

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

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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