



PESTO BEEF, ROASTED VEGETABLE

& Rocket Salad



*Cook a steak how
you like it*



Carrot



Red Capsicum



Red Onion



Bake-At-Home
Ciabatta Panini



Beef Rump



Rocket Leaves



Traditional Pesto

Pantry Staples




Olive Oil



Honey



White Wine Vinegar

 Hands-on: **20** mins
Ready in: **45** mins

This is the kind of dish that reminds you we really do live in the lucky country. Mod Oz cuisine means that sizzling beef rump steak is at home with tasty pesto, panini and roasted vegetables. We think it's bloody good, even if we do say so ourselves!

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **oven tray** lined with **baking paper**, **medium frying pan**, **tongs**, **plate**, **aluminium foil**, **large bowl** and **spoon**. Let's start cooking the **Pesto Beef, Roasted Vegetable & Rocket Salad**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Peel and cut the **carrot** into 2 cm pieces. Cut the **red capsicum** into 2 cm pieces. Cut the **red onion** into thin wedges. Cut the **bake-at-home ciabatta panini** into 1 cm croutons.



2 ROAST VEG AND CROUTONS

Place the **carrot**, **red capsicum** and **red onion** on the prepared oven tray. Drizzle with half the **olive oil** and season with **salt** and **pepper**. Roast for **20–25 minutes**. When the vegetables have about **10 minutes** of cook time remaining, add the **bake-at-home ciabatta panini** croutons to the tray and drizzle with a little **extra olive oil**. Remove from the oven once the veggies are golden and the bread is crunchy. Set aside.



3 COOK BEEF

Meanwhile heat a drizzle of **olive oil** in a medium frying pan over a high heat. Once the pan is very hot, add the **beef rump steak** and cook for **2 minutes** on each side for medium rare (depending on thickness) or **3 minutes** for well done. Set aside on a plate and cover with foil to rest for **5 minutes**. Thinly slice. Don't be tempted to skip resting the steak. This is an integral part of the cooking process and ensures your steak is tender.



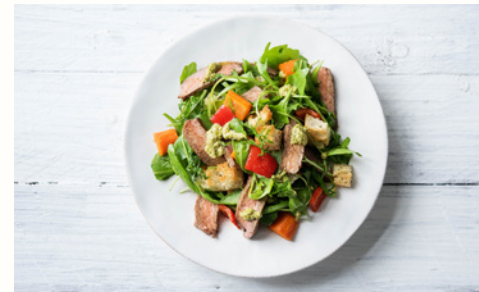
4 MAKE DRESSING

While the steak is resting, combine the remaining **olive oil**, **honey** and **white wine vinegar** in a large bowl.



5 TOSS SALAD TOGETHER

Add the **rocket leaves**, cooked roast vegetables and croutons to the bowl with the dressing and toss to coat. Season with **salt** and **pepper**.



6 SERVE UP

Divide the salad between plates. Top with sliced steak and dollop with the **traditional pesto**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
carrot	1	2
red capsicum	1	2
red onion	½	1
bake-at-home ciabatta panini	1	2
olive oil *	2 tbs	4 tbs
beef rump	1 steak	2 steaks
honey *	1 tsp	2 tsp
white wine vinegar *	1 tsp	2 tsp
rocket leaves	1 bag	2 bags
traditional pesto	1 tub (3 tbs)	2 tubs (6 tbs)

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3220	637
Protein (g)	41.9	8.3
Fat, total (g)	44.3	8.8
saturated (g)	7.2	1.4
Carbohydrate (g)	48.3	9.6
sugars (g)	11.4	2.3
Sodium (mg)	700	138

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hello@hellofresh.com.au

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