

Tagliata with Roasted Garlic & Cherry Tomatoes

Tagliata is the authentic Italian way to enjoy steak; thinly sliced rump steak soaks up all the flavour in this dinner. Don't forget to allow the meat to rest for at least five minutes, so the juices stay in the tender steak and don't go spilling out onto the chopping board.



Prep: 5 mins Cook: 45 mins Total: 50 mins



level 1



lactose free



paleo

Pantry Items









Sweet Potato



Cherry Tomatoes



Garlic





Mixed Salad Leaves

2P	4P	Ingredients	
400 g	800 g	sweet potato, unpeeled & cut into 1 cm thick wedges	
1 ½ tbs	3 tbs	olive oil *	
1 punnet	2 punnets	cherry tomatoes	
3 cloves	6 cloves	garlic, unpeeled & whole	
1 steak	2 steaks	premium beef rump	
3 tsp	6 tsp	balsamic vinegar *	
1 bag	2 bags	mixed salad leaves, washed	

#	Ingredient feature
	in another recipe

Pantry Items

Pre-preparation

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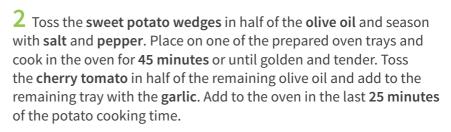
Energy	1940	Kj
Protein	38.2	g
Fat, total	18.1	g
-saturated	4.5	g
Carbohydrate	33	g
-sugars	15.4	g
Sodium	112	mg

Disclaimer: We always try to source the freshest produce. Unfortunately this week due to weather conditions there was a shortage of rocket and we have replaced it with mixed salad leaves. Don't worry, your meal will be just as delicious!



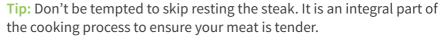
You will need: chef's knife, chopping board, two oven trays lined with baking paper, medium frying pan, plate, aluminium foil, small bowl and a fork.







3 Meanwhile, lightly oil the premium beef rump steak and season with salt and pepper. Heat a medium frying pan over a mediumhigh heat. Add the steak and cook for 2-3 minutes on each side for medium rare or until cooked to your liking. Cooking times will vary depending on the thickness of your steak. Transfer the steak to a plate and cover with foil. Rest for 5 minutes. Then cut it into 1 cm thick slices.





4 Squeeze the flesh of one of the roasted garlic cloves into a small bowl. Add the **balsamic vinegar** and the remaining olive oil. Whisk with a fork until well combined. Season with salt and pepper. Toss the **mixed salad leaves** in the dressing and then divide between plates.



5 Top the mixed salad leaves with the cherry tomato and sliced beef rump. Serve with the sweet potato wedges and extra roasted garlic.

Did you know? The tomato is botanically classed as a fruit not a vegetable as it has seeds and grows from a flowering plant.