



(02) 8188 8722 | HelloFresh.com.au

WK31
2016



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



Olive Oil



Balsamic
Vinegar



Sweet Potato



Cherry Tomatoes



Garlic



Premium Beef Rump



Mixed Salad Leaves

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

| 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 features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| 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.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Toss the **sweet potato wedges** in half of the **olive oil** and season with **salt** and **pepper**. Place on one of the prepared oven trays and cook in the oven for **45 minutes** or until golden and tender. Toss the **cherry tomato** in half of the remaining olive oil and add to the remaining tray with the **garlic**. Add to the oven in the last **25 minutes** of the potato cooking time.



3 Meanwhile, lightly oil the **premium beef rump steak** and season with salt and pepper. Heat a medium frying pan over a medium-high 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.

Tip: Don't be tempted to skip resting the steak. It is an integral part of the cooking process to ensure your meat is tender.



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.

