



BALSAMIC STEAK

with Red Cabbage and Potato Wedges



HELLO RED CABBAGE

This brassica is pH-sensitive: it grows purple in neutral soil and becomes redder if more acid is present.



Potato



Rosemary



Soy Sauce



Balsamic Vinegar



Rump Steak



Onion



Red Cabbage



Mustard Seeds



White Wine Vinegar



Redcurrant Jelly

MEAL BAG

40 mins

2 of your 5 a day

In Mimi's house, steak reigns supreme. Along with chocolate and horse racing, it's something the whole family can agree on. They all love their steak super-rare; what the French would call 'bleu'. So much so that Mimi's mum doesn't even know how to cook a steak well done! But don't worry, however you like your steak cooked, this recipe will taste sensational.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Mixing Bowl**, **Large Saucepan** (with a **Lid** or some **Foil**), **Frying Pan** and **Measuring Jug**. Now, let's get cooking!



1 BAKE THE WEDGES

Preheat your oven to 200°C. Chop the **potato** (no need to peel!) into wedges roughly the width of your index finger. Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Spread the wedges out on a lined baking tray. Drizzle with **oil** and season with a pinch of **salt**, **pepper** and the **rosemary**. Toss to make sure they're coated, then pop on the top shelf of your oven until crispy, about 35 mins.



2 MARINATE THE STEAK

Combine the **soy sauce** and **balsamic vinegar** in a mixing bowl. Add the **steak** and make sure it gets a good coating of the marinade. Cover and leave until it's time to cook. **★ TIP:** *The longer you can marinate the steak, the more flavours it will pick up. But don't worry if you're in a hurry - it will still taste great!*



3 COOK THE CABBAGE

Halve, peel and thinly slice the **onion** into half moons. Halve the **red cabbage** through the root, remove triangular root, then slice as thinly as you can. Heat a splash of **oil** in a large saucepan on medium heat, add the **onion**. Cook until soft, about 5 mins. Add the **mustard seeds** and when they start to pop (this should only take 20 seconds or so) add the **cabbage**. Stir together, then cook until soft, another 5 mins.



4 FINISH THE CABBAGE

When the **cabbage** has softened, add the **white wine vinegar**, a sprinkle of **sugar** (if you have some) and a pinch of **salt** and **pepper**. Stir everything together and put a lid on the pan (or cover with foil). Cook for 5 mins on low heat. Take the lid off the pan and cook uncovered for another 5 mins.



5 PAN-FRY THE STEAK

Heat a splash of **oil** in a frying pan on high heat. When the pan is sizzling hot, add the **steak** (leave any excess marinade in the bowl, you'll use it later!). Cook for 2½ mins on each side. Remove to a board to rest for 3 mins (keep the pan). **★ TIP:** *This will give you a medium-rare steak, but if you want it well done, simply cook it for 2 more mins on each side.*



6 MAKE THE SAUCE

Turn the heat to medium-low and add the remaining **marinade** to the frying pan, along with the **redcurrant jelly** and **water** (amount specified in the ingredient list). **★ TIP:** *Use a spoon to break up the jelly so it melts into the sauce.* Cook the sauce for 2-3 mins. When it's thick and smooth, take it off the heat. Cut the **steak** into 2cm slices and serve with the wedges, a good spoonful of **red cabbage** and a drizzle of **sauce**. **Enjoy!**

2 PEOPLE INGREDIENTS

Potato, chopped	1 pack
Rosemary, chopped	½ bunch
Soy Sauce ⁽¹¹⁾ ⁽¹³⁾	1½ tbsps
Balsamic Vinegar ⁽¹⁴⁾	1 tbsps
Rump Steak	2
Onion, sliced	1
Red Cabbage, sliced	½
Mustard Seeds ⁽⁹⁾	1 tsp
White Wine Vinegar ⁽¹⁴⁾	2 tbsps
Redcurrant Jelly	1 tbsps
Water*	100ml

*Not Included

NUTRITION UNCOOKED INGREDIENT	PER SERVING 551G	PER 100G 100G
Energy (kcal)	475	86
(kJ)	2020	366
Fat (g)	13	2
Sat. Fat (g)	5	1
Carbohydrate (g)	62	11
Sugars (g)	18	3
Protein (g)	33	6
Salt (g)	2.20	0.40

ALLERGENS

⁽⁹⁾ Mustard ⁽¹¹⁾ Soya ⁽¹³⁾ Gluten ⁽¹⁴⁾ Sulphites

White Wine Vinegar: Wine, antioxidant: sulphur dioxide.

Redcurrant Jelly: Raw Cane Sugar, Redcurrants, Water, Lemon Juice, Gelling Agent: Citrus Pectin. Prepared with 80g Fruit per 100g, 66g Sugar per 100g.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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