



# Steak Caprese and Sundried Tomato Butter

With Wedges and Salad



**PREMIUM** 35 Minutes • 1 of your 5 a day



Butter



Sirloin Steak



Potato



Sun-dried  
Tomato Paste



Balsamic Vinegar



Baby Plum  
Tomatoes



Rocket

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Baking Tray, Mixing Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Butter 7)**	1 block	2 blocks	2 blocks
Sirloin Steak**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Rocket**	1 pack	2 packs	2 packs

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	565g	100g
Energy (kJ/kcal)	2877 / 688	509 / 122
Fat (g)	38	7
Sat. Fat (g)	17	3
Carbohydrate (g)	44	8
Sugars (g)	5	1
Protein (g)	44	8
Salt (g)	0.56	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 14) Sulphites

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep the Potatoes

Preheat your oven to 200°C and remove the **butter** and **steak** from the fridge to bring them up to room temperature. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## 4. Prep the Salad

Slice the **baby plum tomatoes** in half and pop in the bowl with the dressing. Mix together.



## 2. Make the Butter

Meanwhile, put the **butter** with **half** the **tomato paste** into a small bowl and mash together with a fork until well combined.



## 5. Steak Time

About 8-10 mins before the potatoes are done, heat a drizzle of **oil** in a frying pan on high heat. Season the **steaks** with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for a minute on each side. Lower the heat slightly and cook for another 1-2 mins on each side for medium rare. **TIP:** Cook for 1-2 mins more if you like it more cooked. **IMPORTANT:** The steak is safe to eat when the outside is no longer pink.



## 3. Make the Dressing

In a medium bowl, mix the remaining **sundried tomato paste** with the **balsamic** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and set aside.



## 6. Plate up

Once cooked, smother the **steaks** with the **butter** so it melts nicely in the pan, 1 minute. Remove from the pan to a plate and let the **steak** rest for 2-3 mins while you plate up (don't discard the **butter** in the pan!). Add the **rocket** to the **tomatoes** and **dressing**, toss to coat. Divide the **potato wedges** and **salad** among the plates. Slice the **steak** on a board into thin strips and add to the plate with the remaining **buttery juices** from the pan and plate drizzled over the top.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.