



Minute Steak Ciabatta

with Fried Potatoes

EXTRA RAPID 10 Minutes • 1 of your 5 a day

N° 12



Baby Plum Tomatoes



Cheddar Cheese



Ciabatta



Dijon Mustard



Mayonnaise



Pre-cooked Baby Potatoes



Beef Sizzler Steaks



Rocket



Original Onion Marmalade

Before you start

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

Basic cooking tools, you will need:

Frying Pan and Coarse Grater.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Ciabatta 11) 13)	2	3	4
Dijon Mustard 9)	1 pot	1½ pots	2 pots
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Pre-cooked Baby Potatoes**	1 pack	1½ packs	2 packs
Beef Sizzler Steaks**	4	6	8
Rocket**	1 bag	1½ bags	2 bags
Original Onion Marmalade	1 pot	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	3243 / 775	590 / 141
Fat (g)	24	4
Sat. Fat (g)	6	1
Carbohydrate (g)	89	16
Sugars (g)	23	4
Protein (g)	49	9
Salt (g)	1.58	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten

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



1. Fry the Potatoes

- Preheat your oven to 200°C.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Add the **potatoes** and fry, stirring occasionally, until golden brown, 7-8 mins. Season with plenty of **salt** and **pepper**.
- Meanwhile, halve the **tomatoes**.
- Coarsely grate the **cheese**.
- Halve the **ciabattas** like a sandwich.

2. Finish the Prep

- Mix **half** the **mustard** with the **olive oil** (see ingredients for amount) in a large mixing bowl and season with **salt** and **pepper**.
- Mix the other **half** of the **mustard** with the **mayonnaise** and season with **salt** and **pepper**.
- Pop the **potatoes** on a baking tray with the halved **ciabattas** and pop in the oven for 2-3 mins.

3. Assemble!

- Pop the frying pan back on heat, heat a drizzle of **oil**.
- Season the **steaks** with **salt** and **pepper**.
- Once hot, lay the **steaks** in the pan and brown for 45 seconds on each side, for medium rare. **IMPORTANT:** The steak is safe to eat when the outside is cooked.
- Meanwhile, pop the **tomatoes** and **rocket** into the bowl with the **mustard dressing** and toss together.
- Spread the **onion marmalade** over the base of the **ciabattas**, top with 2 **steaks** per person then add the **mustard mayo**.
- Top with the **cheese**, some of the **salad** and add the **top** of the **ciabatta**.
- Serve with the fried **potatoes** and any remaining **salad** alongside.

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.