



Steak Sandwich and Fried Potatoes with a Mustardy Rocket and Tomato Salad

Extra Rapid 10 Minutes • 1 of your 5 a day

27



Pre-Cooked
Diced Potato



Baby Plum Tomatoes



Cheddar Cheese



Ciabatta



Dijon Mustard



Mayonnaise



Beef Sizzler Steaks



Rocket



Original Onion
Marmalade

Before you start

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

Cooking tools, you will need:

Large Frying Pan, Grater, Large Mixing Bowl, Baking Tray

Ingredients

	2P	3P	4P
Pre-Cooked Diced Potato**	1 pack	1 ½ pack	2 packs
Baby Plum Tomatoes	125g	190g	250g
Cheddar Cheese 7)**	30g	45g	60g
Ciabatta 11) 13)	2	3	4
Dijon Mustard 9)	1 pot	1 pot	2 pots
Olive Oil for the Dressing*	1 tbsp	1 ½ tbsp	2 tbsp
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Beef Sizzler Steaks**	4 steak	6 steak	8 steak
Rocket**	40g	60g	80g
Original Onion Marmalade	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2994 /715	585 /140
Fat (g)	18	4
Sat. Fat (g)	6	1
Carbohydrate (g)	88	17
Sugars (g)	22	4
Protein (g)	49	10
Salt (g)	1.72	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started!

- 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.

Start Cooking!

- 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.

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.
- Once cooked, pop the **steaks** on a board and thinly slice.
- 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.

Enjoy!