



STEAK TAGLIATA

with Roasted Garlic & Sweet Potato Wedges



HELLO SWEET POTATO

The first Europeans to taste this delicious tuber were members of Columbus's expedition to Haiti in 1492.



Rump Steak



Sweet Potato



Garlic Bulb



Rosemary



Dried Oregano



Cherry Plum Tomatoes



Chilli Flakes



Baby Leaf Salad

MEAL BAG

30 mins

2 of your 5 a day

Little heat

Like fish, perfectly cooking a steak can be a little intimidating if you haven't had much practice. Our top tips are: 1) take your steak out of the fridge an hour before you plan to cook it, so that it comes up to room temperature 2) get your pan really hot before cooking and 3) once you've cooked it, leave it to rest for a few mins before slicing. Easy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 210°C. Take the **steak** out of the fridge to let it come up to room temperature. Chop the **sweet potato** into wedges about the size of your index finger (no need to peel!). Press down on the **garlic bulb** and separate the **cloves**. Pick the **rosemary leaves** from their stalks and finely chop (discard the stalks).



2 ROAST TIME!

Place the **sweet potato wedges** and **garlic cloves** (leave them whole and in their skins) on a baking tray. Drizzle with **oil**, a pinch of **salt** and **pepper**, the **rosemary leaves** and **half** the **dried oregano**. Make sure everything is nicely coated in the **oil**, then roast on the top shelf of your oven for 25-30 mins.



3 MAKE THE SALAD

Meanwhile, halve the **cherry tomatoes**. Mix the **olive oil** (see ingredients for amount) in a large bowl with the **chilli flakes** (careful they're hot, just use a pinch!), the remaining **dried oregano** and a pinch of **salt** and **pepper**. Add the **cherry tomatoes** and mix together.



4 FRY THE STEAK

Heat a splash of **oil** in a frying pan on high heat. Season the **steak** with a pinch of **salt** and **pepper**. Once your pan is sizzling hot, add the **steak**. Cook for 2½ mins on each side. Remove to a board to rest for 3 mins.

★ **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.



5 SQUEEZE THE GARLIC

The **wedges** should be done by now (crisp on the outside and soft in the middle), so take them out of your oven. Squeeze the **garlic** out of each **clove** and add to the **sweet potato wedges**, covering them in the **roasted garlic**.

★ **TIP:** If you're not a huge garlic fan, you can remove the roasted garlic.



6 FINISH AND SERVE

Cut the **steak** into 1cm thick slices, make sure you cut against the grain of the **steak**. Add the **baby salad leaves** to the bowl of **tomatoes** and toss together. Divide the **salad** between your plates (leaving any dressing behind). Top with the **steak slices** and drizzle over the rest of your **dressing**. Pop the **sweet potato wedges** alongside. **Get stuck in!**

2 PEOPLE INGREDIENTS

Rump Steak	2
Sweet Potato, chopped	2
Garlic Bulb	½
Rosemary, chopped	2 sprigs
Dried Oregano	1½ tsp
Cherry Plum Tomatoes, halved	1 punnet
Olive Oil*	2 tbsps
Chilli Flakes	a pinch
Baby Leaf Salad	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 511G	PER 100G
Energy (kcal)	457	89
(kJ)	1910	374
Fat (g)	14	3
Sat. Fat (g)	6	1
Carbohydrate (g)	56	11
Sugars (g)	17	3
Protein (g)	31	6
Salt (g)	0.41	0.08

🧼 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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