



# Quick Italian Beef & Rocket Crouton Toss

with Pesto & Pine Nuts



Make your own croutons



Garlic



Beef Strips



Italian Herbs



Bake-At-Home Ciabatta



Zucchini



Roma Tomato



Pine Nuts



Rocket Leaves



Traditional Pesto

Hands-on: **20** mins  
Ready in: **25** mins

Part panzanella, part steak dinner, all delicious. This quick beef and rocket crouton toss with pesto and pine nuts will keep you satisfied while tasting fresh and delicious. Nice one!

**Pantry Staples:** Olive Oil, Vinegar (Balsamic Or White Wine), Brown Sugar



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **three medium bowls**, **large frying pan**, **wooden spoon**, **tongs** and a **plate** lined with **paper towel**.



### 1 MARINATE THE BEEF

Peel and crush the **garlic**. In a medium bowl, combine the garlic, **beef strips**, **Italian herbs**, **salt** (see ingredients list), **vinegar** (1 tbs for 2 people / 2 tbs for 4 people) and a **drizzle** of **olive oil**. Season with a **pinch** of **pepper** and toss to coat. Set aside to marinate. **TIP:** Marinate the beef for as long as possible to develop the flavour.



### 2 GET PREPPED

While the beef is marinating, tear or cut the **bake-at-home ciabatta** into 1 cm chunks. Slice the **zucchini** lengthways into 0.5 cm strips. Finely chop the **Roma tomato**.



### 3 MAKE THE CROUTONS

Heat a large frying pan over a medium-high heat. Once hot, add the **pine nuts** and toast, stirring regularly, for **2-3 minutes**, or until golden. Remove from the pan and set aside. Return the pan to a medium-high heat and add a **good drizzle** of **olive oil**. Add the **ciabatta** chunks to the pan and season with a **pinch** of **salt** and **pepper**. Cook, stirring regularly, for **4-5 minutes**, or until golden and slightly crisp. Remove and set aside on a plate lined with a paper towel to drain.



### 4 COOK THE ZUCCHINI & BEEF

Return the pan to a medium-high heat and add a **drizzle** of **olive oil**. Add the **zucchini** strips and cook for **2 minutes** on each side, or until tender. Remove from the pan and set aside. Return the pan to a high heat with a **drizzle** of **olive oil** (no need to wash the pan). Add **1/2** the **beef strips** and cook for **1-2 minutes**, or until browned. Transfer to a medium bowl. Repeat with the remaining beef. **TIP:** Cooking the beef in batches ensures it doesn't stew. Set the beef aside to rest for a few minutes.



### 5 TOSS IT TOGETHER

To make the dressing, transfer some of the **resting juices** from the **beef** (1 tbs for 2 people / 2 tbs for 4 people) to a medium bowl. Add the **brown sugar**, **remaining vinegar** and a **drizzle** of **olive oil** and stir to combine. Season with a **pinch** of **salt** and **pepper**. Add the **rocket leaves** and **Roma tomato** to the dressing and toss to coat. **TIP:** Toss the salad just before serving to prevent soggy leaves.



### 6 SERVE UP

Divide the rocket toss between plates and top with the Italian beef. Sprinkle over the pine nuts and croutons. Top with dollops of the **traditional pesto**. **TIP:** If you like, you can toss it all together!

Enjoy!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
beef strips	1 packet	1 packet
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
vinegar* (balsamic or white wine)	1 ½ tbs	3 tbs
bake-at-home ciabatta	1	2
zucchini	1	2
Roma tomato	1	2
pine nuts	1 packet	2 packets
brown sugar*	¼ tsp	½ tsp
rocket leaves	1 bag	1 bag
traditional pesto	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2480kJ (593Cal)	579kJ (138Cal)
Protein (g)	41.4g	9.7g
Fat, total (g)	31.2g	7.3g
- saturated (g)	5.3g	1.2g
Carbohydrate (g)	34.5g	8.1g
- sugars (g)	6.1g	1.4g
Sodium (g)	863mg	201mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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