



AUG
2016

Rosemary Beef Skewers

with Garlic Ciabatta and Charred Veggies

We've tasted a whole lot of skewers in our day, but nothing compares to the flavor combo of rosemary, beef, and garlic in this recipe. And just when we thought it couldn't get any better, our expert chefs, Freida and Nate, tossed in some crisp green beans and juicy tomatoes. Needless to say, we're in love.



Prep: 5 min
Total: 30 min



level 1



nut
free



Beef
Sirloin Tips



Ciabatta
Bread



Green
Beans



Grape
Tomatoes



Garlic



Rosemary



Lemon



Skewers

Ingredients

	2 People	4 People
Beef Sirloin Tips	12 oz	16 oz
Ciabatta Bread	1)	2
Green Beans	6 oz	12 oz
Grape Tomatoes	4 oz	8 oz
Garlic	2 Cloves	4 Cloves
Rosemary	¼ oz	¼ oz
Lemon	1	1
Skewers	4	8
Butter*	2)	2 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Shallow dish, Medium bowl, Small bowl, 2 Baking sheets, Foil

Ruler

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Nutrition 2 Person Calories: 520 cal | Fat: 24 g | Sat. Fat: 9 g | Protein: 44 g | Carbs: 46 g | Sugar: 6 g | Sodium: 357 mg | Fiber: 7 g

Nutrition 4 Person Calories: 430 cal | Fat: 19 g | Sat. Fat: 8 g | Protein: 31 g | Carbs: 41 g | Sugar: 4 g | Sodium: 329 mg | Fiber: 5 g

1



1 Prep: Wash and dry all produce. Preheat the broiler, oven, or grill to high. Soak the **skewers** in a shallow dish of water. Take the **butter** out of the fridge to allow it to come to room temperature. Peel and mince the **garlic**. Strip the **rosemary** off the sprigs, then finely chop the leaves (you'll want about 2 teaspoons). Halve the **lemon**. Trim the ends of the **green beans**.

2



2 Marinate the beef: Toss the **beef tips** in a medium bowl with the **rosemary**, **half the garlic**, and a drizzle of **olive oil**. Season generously with **salt** and **pepper**.

3 Make the garlic bread: In a small bowl, combine **1 Tablespoon butter** and as much remaining **garlic** as you like. Season with **salt** and **pepper**. Halve the **ciabatta** and spread the **butter** onto the two halves.

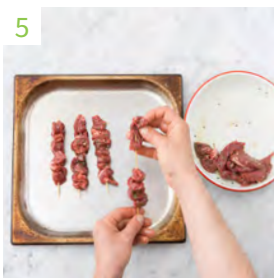
4



4 Broil the veggies: Toss the **green beans** and **tomatoes** on a foil-lined baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place the green beans and tomatoes under the broiler for 5-6 minutes, until charred. Remove from oven and set aside. Squeeze the **lemon halves** over the baking sheet, then tent with foil to keep warm.

5 Make the skewers: While the **veggies** broil, thread the **beef** onto the **skewers** and place onto another baking sheet. Broil 5-6 minutes, until slightly charred.

5



6 Broil the garlic bread: With 3 minutes to go on the **beef skewers**, place the **ciabatta**, butter-side up, on the same baking sheet. Broil 2-3 minutes, until toasted. Cut into 4 slices. Serve the **rosemary beef skewers** with the **green beans**, **tomatoes**, and **garlic ciabatta**.

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

