



(02) 8188 8722 | HelloFresh.com.au

WK50
2016

Steak with Caramelised Onion Relish & Crisp Pear Salad

This perfectly crisp pear and walnut salad is a perfect symphony of classic flavours, just the thing to serve up next to a tender steak. Sweet and sticky balsamic caramelised onions are the crowning jewel.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



gluten
free



low sodium

Pantry Items



Olive Oil



Butter



Balsamic
Vinegar



Red Onion



Premium Beef Rump



Pear



Rocket Leaves



Walnuts

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

2P	4P	Ingredients
1 tbs	2 tbs	butter *
½ tbs	1 tbs	olive oil *
1	2	red onion, finely sliced
½ tbs	1 tbs	balsamic vinegar *
2 steaks	4 steaks	premium beef rump
½	1	pear, cored & thinly sliced
½ bag	1 bag	rocket leaves, washed
1 packet	2 packets	walnuts, roughly chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1870	Kj
Protein	37.6	g
Fat, total	26.6	g
-saturated	8.4	g
Carbohydrate	14.4	g
-sugars	10.6	g
Sodium	119	mg

1a



You will need: *chef's knife, chopping board, small frying pan with a lid, wooden spoon, medium frying pan, tongs, aluminium foil, plate and medium bowl.*

1 Heat a small frying pan over a medium-high heat. Melt the **butter** with a splash of **olive oil** (so the butter doesn't burn). Add the **red onion** and cook, stirring, for **6-7 minutes**, or until softened. Add the **balsamic vinegar** and cook for a further **3 minutes**, or until sticky. Remove from the heat and set aside, covered.

1b



2 Season the **premium beef rump steaks** with **salt** and **pepper**. Heat the remaining olive oil in a medium frying pan over a high heat. Cook the steaks for **1½-2 minutes** on each side for medium rare, or until cooked to your liking. Cooking times will vary depending on the thickness of your steak. Remove from the pan and set aside on a plate. Cover with foil to rest for **5 minutes**.

Tip: Don't be tempted to skip resting the steak. This is an integral part of the cooking process and will ensure your steak is tender.

2



3 Meanwhile, in a medium bowl combine the **pear**, **rocket leaves** and **walnuts**. Drizzle with a little olive oil and balsamic vinegar and season with salt and pepper. Toss to combine and set aside.

4 To serve, divide walnut salad and steaks between plates. Top with the caramelised onion. Enjoy!

3



Did you know? Walnuts date back to 10,000 B.C., making them the oldest known tree food!