



21 Day Aged Rump Steak Chimichurri Salad

with Avocado, Roasted Onions and Greek Style Cheese

Lunch 25-30 Minutes • 2 of your 5 a day

13A

Find all your unchilled Market items in bag A.



21 Day Aged British Rump Steaks



Onion



Ciabatta



Flat Leaf Parsley



Garlic Clove



Red Wine Vinegar



Avocado



Baby Leaf Mix



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, baking paper, bowl, garlic press, frying pan and aluminium foil.

Ingredients

Ingredients	Quantity
21 Day Aged British Rump Steaks**	2
Onion	2
Ciabatta 13)	1
Flat Leaf Parsley**	1 bunch
Garlic Clove**	1
Red Wine Vinegar 14)	12ml
Avocado	1
Baby Leaf Mix**	100g
Greek Style Salad Cheese** 7)	100g

Pantry	Quantity
Olive Oil for the Chimichurri*	4 tbsp
Olive Oil for the Dressing*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	544g	100g
Energy (kJ/kcal)	3374 /806	621 /148
Fat (g)	53.9	9.9
Sat. Fat (g)	16.7	3.1
Carbohydrate (g)	34.3	6.3
Sugars (g)	10.0	1.8
Protein (g)	48.1	8.9
Salt (g)	1.91	0.35

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Bake the Onions

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Remove the **steaks** from your fridge to allow them to come up to room temperature.

c) Quarter and peel the **onions**, then separate the layers. Pop the **onions** onto a lined baking tray and drizzle with **oil**.

d) Season with **salt** and **pepper**, then roast on the top shelf of your oven until softened and slightly charred, 15-20 mins.



Fry the Steaks

a) Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**.

TIP: Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

b) Once very hot, lay the **steaks** into the pan and fry until browned and medium-rare, about 5 mins. Turn halfway through. **TIP:** Cook each side for 1 min more if you like it more well done. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.



Get Prepped

a) While the **onions** roast, tear the **ciabatta** into roughly 2cm chunks. Pop the **ciabatta** into a small bowl. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

b) Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

c) To make the **chimichurri dressing**, mix together in another small bowl the **parsley**, **garlic** and **red wine vinegar** with the **olive oil for the chimichurri** (see pantry for amount) and $\frac{1}{4}$ **tsp salt**. Season with **pepper** and mix until combined.



Rest the Steaks

a) Once cooked, transfer the **steaks** to a board, cover with foil and allow to rest for a couple of mins.

b) While the **steaks** rest, combine in a large mixing bowl **half** the **chimichurri dressing** with the **olive oil for the dressing** (see pantry for amount), the **roasted onions**, the **baked croutons** and the **baby leaf mix**.

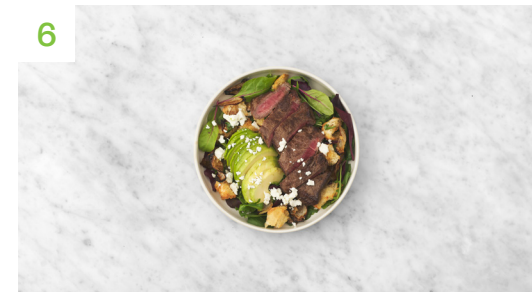
c) Crumble in **two thirds** of the **Greek style salad cheese**, then toss to coat everything in the **chimichurri dressing**.



Crouton Time

a) When the **onions** have been in the oven for 10-15 mins, remove the tray from the oven and add the **ciabatta chunks**. Spread out in a single layer and return to the oven until golden, 8-10 mins.

b) Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices.



Slice and Serve

a) Once rested, slice the **steaks** into 1 cm thick slices.

b) Divide the **dressed salad** between 2 serving bowls.

c) Fan out the **steak** and **avocado slices** on top of your **salad**, then crumble over the remaining **Greek style cheese**.

d) Drizzle over the remaining **chimichurri dressing** to finish.

Enjoy!