



Philly Style Cheese Rump Steak Baguette

with Pepper, Onion and Red Leicester

Lunch 25-30 Minutes • Mild Spice • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



21 Day Aged British Rump Steaks



SlooOW Stone Oven White Baguette



Onion



Bell Pepper



Garlic Clove



Central American Style Spice Mix



Red Leicester



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

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

Ingredients

Ingredients	Quantity
21 Day Aged British Rump Steaks**	2
SlooOW Stone Oven White Baguette 3) 11) 13)	1
Onion	1
Bell Pepper***	1
Garlic Clove**	2
Central American Style Spice Mix	1 sachet
Red Leicester** 7)	60g
Creme Fraiche** 7)	75g

Pantry	Quantity
Mayonnaise*	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2692/643	669/160
Fat (g)	39.8	9.9
Sat. Fat (g)	18.1	4.5
Carbohydrate (g)	26.5	6.6
Sugars (g)	10.3	2.6
Protein (g)	45.8	11.4
Salt (g)	1.57	0.39

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

Allergens

3) Sesame **7)** Milk **11)** Soya **13)** Cereals containing gluten

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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The Fresh Farm
60 Worship St, London EC2A 2EZ



Bake the Baguette

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** from your fridge to allow them to come up to room temperature

b) Remove the **bread** from the packaging and pop onto a baking tray.

c) Bake on the middle shelf of your oven until toasted and golden, 10-12 mins. Once baked, allow to cool, 5 mins.



Fry the Steak

a) 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 the pan is 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.

c) While the **steak** fries, grate the **cheese**.

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

IMPORTANT: Wash your hands and equipment after handling raw meat. It's safe to eat when browned on the outside.

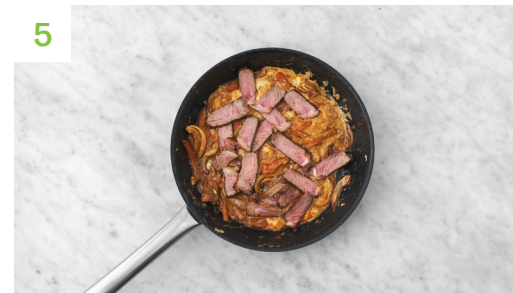


Prep the Veg

a) Meanwhile, halve, peel and thinly slice the **onion**.

b) Halve the **pepper** and discard the core and seeds. Slice into thin strips.

c) Peel and grate the **garlic** (or use a garlic press).



Get Cheesy!

a) Return the pan to medium heat (no need to clean).

b) Add the **cooked veg**, **creme fraiche** and **cheese** to the pan and stir to melt the **cheese**, 2-3 mins.

c) Once rested, thinly slice the **steaks**, then add them to the pan and stir to coat in the **cheese sauce**.



Into the Pan

a) Heat a drizzle of **oil** in a large frying pan on high heat.

b) Once hot, add the **pepper** and **onion** and fry until just soft, 7-8 mins. Continue to stir while it cooks.

c) Once softened, add the **garlic** and **Central American style spice mix** to the **veg**, stir to coat and fry until fragrant, 1 min.

d) Pop the **veg** into a bowl, then cover to keep warm and set aside for now. Wipe out the pan and return to high heat with another drizzle of **oil**.



Assemble and Serve

a) Slice the **baguette** in half lengthways, then again widthways. Share between 2 serving plates.

b) Spread the **mayo** (see pantry for amount) over the **base** and **lid** of each **baguette half**.

c) Divide the **Philly style cheese steak filling** evenly over each **baguette base**, then sandwich on the **baguette lids** to finish.

Enjoy!