

Hello
FRESH

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Rosemary 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. 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: 10 min
Total: 30 min



level 1



nut
free



Skewers



Garlic



Rosemary



Lemon



Sirloin
Tips



Ciabattas



Green
Beans



Heirloom Grape
Tomatoes

Ingredients

	4 People
Skewers	8
Garlic	4 Cloves
Rosemary	¼ oz
Lemon	1
Sirloin Tips	20 oz
Ciabattas	2
Green Beans	12 oz
Heirloom Grape Tomatoes	8 oz
Butter*	2 TBSP
Olive Oil*	4 tsp

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Medium bowl, Small bowl, Foil, 2 Baking sheets

Nutrition per person Calories: 432 cal | Fat: 17 g | Sat. Fat: 7 g | Protein: 36 g | Carbs: 31 g | Sugar: 5 g | Sodium: 246 mg | Fiber: 6 g

1



1 Preheat and prep: Wash and dry all produce. Preheat broiler (or grill) to high. Soak **skewers** in water. Remove **butter** from fridge to bring to room temperature. Mince **garlic**. Strip **rosemary** off **sprigs**, and finely chop **leaves** (you'll want about 1 tsp). Halve **lemon**.

2



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

4



3 Make the garlic bread: Combine **2 TBSP butter** and a pinch of **garlic** in a small bowl. Season with **salt** and **pepper**. Halve **ciabattas** and spread with **garlic butter**.

4 Broil the veggies: Toss **green beans** and **tomatoes** on a foil-lined baking sheet with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Broil until charred, 5-6 minutes. Squeeze **lemon** over veggies, and tent with foil to keep warm.

5



5 Make the skewers: While **veggies** broil, thread **beef** onto **skewers**. Place onto another baking sheet, and broil until slightly charred, 5-8 minutes.

6 Broil the garlic bread: Place **ciabattas** butter-side up on baking sheet with **skewers**. Broil until toasted, 2-3 minutes. Cut ciabatta into slices. Serve skewers with **green beans, tomatoes, and garlic bread**. Enjoy!

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