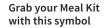


Seared Beef & Caramelised Onion Ciabatta

with Sweet Potato Fries & Creamy Pesto

HALL OF FAME

KID FRIENDLY









Sweet Potato



Italian Herbs





Beef Strips

Bake-At-Home Ciabatta



Creamy Pesto



Dressing

Baby Spinach Leaves





Prep in: 20-30 mins Ready in: 30-40 mins

Thanks to quick-cooking beef strips and our ready-to-go creamy pesto, these loaded ciabattas will be on the table before you know it. The kids will be keen to help whip these up, before gobbling them up!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
red onion	1	2		
tomato	1	2		
balsamic vinegar*	1 tbs	2 tbs		
brown sugar*	1 tsp	2 tsp		
water*	½ tbs	1 tbs		
Italian herbs	1 medium sachet	1 large sachet		
beef strips	1 small packet	2 small packets OR 1 large packet		
bake-at-home ciabatta	2	4		
creamy pesto dressing	1 packet (50g)	1 packet (100g)		
baby spinach leaves	1 small bag	1 medium bag		
beef strips**	1 small packet	2 small packets OR 1 large packet		
		3-1		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3486kJ (833Cal)	550kJ (131Cal)
Protein (g)	44.2g	7g
Fat, total (g)	30.9g	4.9g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	92.4g	14.6g
- sugars (g)	21.2g	3.3g
Sodium (mg)	918mg	145mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4269kJ (1020Cal)	563kJ (135Cal)
Protein (g)	73.6g	9.7g
Fat, total (g)	38.5g	5.1g
- saturated (g)	9g	1.2g
Carbohydrate (g)	92.4g	12.2g
- sugars (g)	21.3g	2.8g
Sodium (mg)	988mg	130mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





Bake the sweet potato fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into fries.
- · Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Get prepped

- Meanwhile, thinly slice red onion.
- Thinly slice tomato.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Caramelise the onion

- In large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- · Cook onion, stirring regularly, until softened, 5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, the brown sugar and the water, then mix well. Cook until dark and sticky, 3-5 minutes.
- · Transfer to a small bowl.



Cook the beef

- When the sweet potato fries have 5 minutes remaining, combine **Italian herbs**, a good pinch of salt and pepper and a drizzle of olive oil in medium bowl. Add beef strips, tossing to coat.
- Wipe out frying pan, then return to high heat with a drizzle of olive oil. When oil is hot, cook **beef strips** in batches (to keep them tender!) tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

Little cooks: Help toss the beef in the seasoning. Make sure to wash your hands well afterwards!

Custom Recipe: If you've doubled your beef strips, cook beef in batches for best results.



Heat the ciabatta

- Meanwhile, place bake-at-home ciabatta directly on a wire rack in the oven.
- Bake until heated through, 5 minutes.



Serve up

- · Slice each ciabatta in half, then spread with creamy pesto dressing.
- Top with beef, caramelised onion, tomato slices and baby spinach leaves.
- · Serve with sweet potato fries. Enjoy!

Little cooks: Take the lead and help build the ciabattas!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

