



# Seared Beef & Caramelised Onion Ciabatta

with Sweet Potato Fries & Creamy Pesto

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Italian Herbs



Beef Strips



Bake-At-Home Ciabatta



Creamy Pesto Dressing



Baby Spinach Leaves



Beef Strips

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
tomato	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	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

\*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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## 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.

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## Cook the beef

- When the sweet potato fries have **5 minutes** remaining, in a medium bowl, combine **Italian herbs**, a good pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **beef strips**, toss 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.

2



## Get prepped

- Meanwhile, thinly slice **brown onion**.
- Thinly slice **tomato**.

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

5



## Heat the ciabatta

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

3



## Caramelise the onion

- In a 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**, **brown sugar** and **water**, then mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.

6



## 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!

## Rate your recipe

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