



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
olive oil*	refer to method	refer to method
sweet potato	2	4
brown 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 medium packet	2 medium packets OR 1 large packet
bake-at-home ciabatta	2	4
creamy pesto dressing	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3465kJ (828Cal)	547kJ (131Cal)
Protein (g)	45g	7.1g
Fat, total (g)	30.1g	4.7g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	92.7g	14.6g
- sugars (g)	21.6g	3.4g
Sodium (mg)	907mg	143mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4225kJ (1010Cal)	557kJ (133Cal)
Protein (g)	75.1g	9.9g
Fat, total (g)	36.8g	4.8g
- saturated (g)	8.2g	1.1g
Carbohydrate (g)	92.9g	12.2g
- sugars (g)	21.8g	2.9g
Sodium (mg)	967mg	127mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

4



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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