



Toasty Beef & Caramelised Onion Subs

with Sweet Potato Fries & Creamy Pesto

COSY COMFORTS

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Beetroot



Tomato



Italian Herbs



Beef Strips



Bake-At-Home Ciabatta



Creamy Pesto Dressing



Baby Spinach Leaves



Beef Rump



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!
Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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 the cooler weather take-over.

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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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	½	1
beetroot	1	2
tomato	1	2
balsamic vinegar*	2 tbs	4 tbs
brown sugar*	1 tbs	2 tbs
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 rump**	1 medium packet	2 medium 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)	44.4g	7g
Fat, total (g)	30.9g	4.9g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	92.6g	14.6g
- sugars (g)	21.5g	3.4g
Sodium (mg)	911mg	144mg
Dietary Fibre (g)	12.4g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3379kJ (808Cal)	513kJ (123Cal)
Protein (g)	45.6g	6.9g
Fat, total (g)	27.5g	4.2g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	92.6g	14.1g
- sugars (g)	21.5g	3.3g
Sodium (mg)	923mg	140mg
Dietary fibre (g)	12.4g	1.9g

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

2024 | CW21



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.



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 upgraded to beef rump, season beef as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Get prepped

- Meanwhile, thinly slice **brown onion** (see ingredients).
- Grate **beetroot**.
- Thinly slice **tomato**.

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



Heat the ciabatta

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



Caramelize the beetroot-onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **beetroot**, stirring regularly, until softened, **2-3 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and **water**, then mix well. Cook until dark and sticky, **5-6 minutes**.
- Transfer to a small bowl.



Serve up

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

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

Custom Recipe: Slice beef rump, then add to the ciabatta as above.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.au/rate