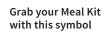


Toasty Beef & Caramelised Onion Subs with Sweet Potato Fries & Creamy Pesto

COSY COMFORTS

HALL OF FAME

KID FRIENDLY









Sweet Potato





Brown Onion

Beetroot



Italian Herbs



Beef Strips



Bake-At-Home Ciabatta





Baby Spinach Leaves



Dressing



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.

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1/2	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		

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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	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





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 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!



Caramelise 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.



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.



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 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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.au/rate