



# Beef & Caramelised Onion Sambos

with Sweet Potato Fries & Creamy Pesto

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Sweet Potato



Brown Onion



Tomato



Bake-At-Home Ciabatta



Italian Herbs



Beef Strips



Creamy Pesto Dressing



Baby Spinach Leaves



Beef Rump



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 in a dash, with crispy sweet potato fries completing the perfect pair to a perfect meal.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Air fryer or 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>water*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
bake-at-home ciabatta	2	4
Italian herbs	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
creamy pesto dressing	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3490kJ (834cal)	325kJ (78cal)
Protein (g)	44.9g	4.2g
Fat, total (g)	30.8g	2.9g
- saturated (g)	5.7g	0.5g
Carbohydrate (g)	92.6g	8.6g
- sugars (g)	21.5g	2g
Sodium (mg)	916mg	85.3mg
Dietary Fibre (g)	12.4g	1.2g

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

2024 | CW40



## Cook the sweet potato fries

- Set air fryer to **200°C**.
- Cut **sweet potato** into fries.
- In a medium bowl, combine **sweet potato**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Place **sweet potato** into an air fryer basket and cook for **15 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.
- Divide **fries** between serving plates.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. 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:** Cook in batches if necessary!



## Heat the ciabatta

- When fries are done, place **bake-at-home ciabatta** into the air fryer basket and cook until heated through, **2-3 minutes**.

**TIP:** No air fryer? Place ciabatta directly on a wire rack in the oven. Bake until heated through, 5 minutes.



## Get prepped

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

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



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



## Cook the beef

- While ciabatta is heating, in a medium bowl, combine **Italian herbs**, a good pinch of **salt** and **pepper** and a drizzle of **olive oil**. 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**.



## Serve up

- Slice each ciabatta in half, then spread with **creamy pesto dressing**.
- Top with beef, caramelised 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 OPTIONS



#### SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

