HELLO FRESH

Beef & Caramelised Onion Sambos
with Sweet Potato Fries & Creamy Pesto

KID FRIENDLY | AIR FRYER FRIENDLY

Sweet Potato

Brown Onion
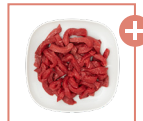
Tomato

Bake-At-Home Ciabatta

Italian Herbs

Beef Strips

Creamy Pesto Dressing

Baby Spinach Leaves

Beef Strips

Beef Rump

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
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
water*	½ tbs	1 tbs
brown sugar*	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)	3617kJ (865cal)	571kJ (90cal)
Protein (g)	44.7g	7.1g
Fat, total (g)	34g	5.4g
- saturated (g)	7g	1.1g
Carbohydrate (g)	93.2g	14.7g
- sugars (g)	21.7g	3.4g
Sodium (mg)	911mg	143.7mg
Dietary Fibre (g)	12.9g	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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1

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 the air fryer basket and cook for **15 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

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. Cook in batches if necessary!*

2

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!*

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

4

Heat the ciabatta

- When fries are done, transfer to serving plates. 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.*

5

Cook the beef

- While ciabatta is heating, in a second 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**.

6

Finish & serve

- 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 sambos!*

CUSTOM OPTIONS

DOUBLE BEEF STRIPS
Follow method above, cooking in batches if necessary.

SWAP BEEF RUMP
Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.

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