# Beef Ciabatta Burger with Caramelised Onion

We're ditching the cutlery and tucking into this rich steak burger with sweet caramelised onion and beetroot. While you're enjoying the freedom afforded by a one-handed supper, why not try: a) Whipping out a yo-yo trick? b) Waving to children and pets? c) High-fiving other people munching on this delight?

**Prep:** *10 mins*
**Cook:** *20 mins*
**Total:** *30 mins*

*level 1*

*high protein*

*outdoor eating*

## Pantry Items

*Olive Oil*

*Butter*

*Balsamic Vinegar*

*Beef Rump*

*Red Onion*

*Bake-At-Home Ciabatta*

*Beetroot, Pomegranate & Walnut Dip*

*Roma Tomato*

*Rocket*

| 2P | 4P | Ingredients | | |
|---|---|---|---|---|
| 1 tbs | 2 tbs | olive oil * | | |
| 1 steak | 2 steaks | beef rump | | |
| 1 tsp | 2 tsp | butter * | | |
| ½ | 1 | red onion, finely sliced | ⊕ | 🌿 |
| 1 tbs | 2 tbs | balsamic vinegar * | | |
| 2 | 4 | bake-at-home ciabatta, halved horizontally | | |
| 1 tub | 2 tubs | Beetroot, Pomegranate & Walnut dip | | |
| 1 | 2 | roma tomato, sliced | | |
| 1 bag | 2 bags | rocket, washed | | |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

**Nutrition per serve**

| Energy | 2350 | Kj |
|---|---|---|
| Protein | 48.9 | g |
| Fat, total | 20.6 | g |
| -saturated | 5.4 | g |
| Carbohydrate | 47.5 | g |
| -sugars | 11.7 | g |
| Sodium | 624 | mg |



**You will need:** *chef's knife, chopping board, medium frying pan, plate, aluminum foil and wooden spoon.*

**1** Preheat the oven to **200°C**/**180°C** fan-forced.



**2** Heat a medium frying pan over a medium-high heat. Rub half of the **olive oil** all over the **rump steak** and season with **salt** and **pepper**. Add the steaks to the hot pan and cook for **2 minutes** on each side for medium rare, or until cooked to your liking. Transfer to a plate and cover with foil to rest for **5 minutes**. Then cut into 5 mm thick slices.
**Tip:** Don't be tempted to skip resting the steak. This is an integral part of the cooking process and will ensure your steak is tender.

**3** Meanwhile, heat the remaining olive oil and the **butter** in the same frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes**, or until soft. Add the **balsamic vinegar** and cook for a further **3 minutes**, or until sticky.



**4** While the onions are caramelising place the **bake-at-home ciabatta** cut side up in the oven for **5 minutes**.

**5** To serve, spread the bottom half of each ciabatta with the **Beetroot, Pomegranate & Walnut dip**. Top with the **roma tomato**, **rocket**, steak, caramelised onion and the top of the ciabatta.
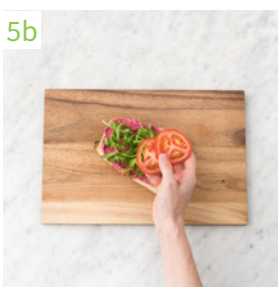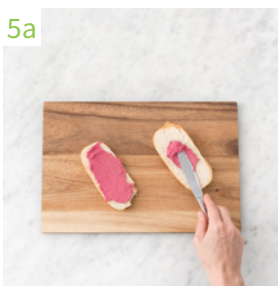


**Did you know?** Ciabatta is named after a slipper (the footwear).