

Herby Beef & Caramelised Onion Ciabatta

with Fries & Creamy Pesto

Grab your Meal Kit with this symbol



Potato



Onion



Tomato



Beef Strips



Bake-At-Home Ciabatta



Creamy Pesto Dressing



Mixed Leaves



Italian Herbs

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 you know it. The kids will be keen to help whip these up, before gobbling them up!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
potato	2	4
onion	1	2
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
beef strips	1 medium packet	1 large packet
bake-at-home ciabatta	2	4
creamy pesto dressing	1 packet (50g)	1 packet (100g)
mixed leaves	1 small bag	1 medium bag
Italian herbs	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3500kJ (836Cal)	539kJ (128Cal)
Protein (g)	49.9g	7.7g
Fat, total (g)	30.3g	4.7g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	87g	13.4g
- sugars (g)	12.8g	2g
Sodium (mg)	899mg	139mg

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



Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries. Place on a lined oven tray (if your oven tray is crowded, divide the fries between two trays). 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.

Little cooks: Help out by topping the fries with the olive oil and salt.

4



Cook the beef

When fries have **5 minutes** remaining, combine a drizzle of **olive oil**, the **Italian herbs** and a good pinch of **salt** and **pepper** in medium bowl. Add **beef strips**, tossing to coat. Wipe out frying pan and return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, in batches (to keep them tender) until browned and cooked through, **1-2 minutes**. Transfer to a plate.

2



Get prepped

Meanwhile, thinly slice **onion**. Thinly slice **tomato**.

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

5



Heat the ciabatta

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

3



Caramelize the onion

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

6



Serve up

Slice each ciabatta in half, then spread with **creamy pesto dressing**. Top with herby beef, caramelized onion, tomato slices and **mixed leaves**. Serve with fries.

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

Enjoy!

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