




Product Spotlight: Rosemary


Rosemary stalks can come in various lengths! Chop the leaves to taste for the roast vegetables in this dish. You can use any leftovers to flavour olive oil or butter!



Seared Steak on Turkish Bread with Caramelised Onion

Warm and crusty Turkish rolls filled with sliced steak, roast tomato, beetroot and spinach, topped off with homemade caramelised onion.

 30 minutes

 4 servings

 Beef

Make it your own!

Bring the fillings to the table for everyone to build their own! Add your favourite mustard, relish or pickles if desired.

Per serve: **PROTEIN** 41g **TOTAL FAT** 14g **CARBOHYDRATES** 59g

FROM YOUR BOX

TOMATOES	3
BEETROOTS	2
ROSEMARY SPRIG	1
BEEF STEAKS	600g
BROWN ONION	1
TURKISH ROLLS	4-pack
BABY SPINACH	1 bag

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, balsamic vinegar, ground coriander

KEY UTENSILS

oven tray, frypan

NOTES

Wipe out the pan if needed. If you have a second frypan you can start cooking the onion at the same time as the steaks.

No gluten option – Turkish rolls are replaced with gluten-free Turkish rolls.



1. ROAST TOMATO & BEET

Set oven to 220°C.

Slice tomatoes and beetroots. Toss on a lined oven tray with **oil, salt and pepper**. Chop rosemary leaves and sprinkle on top. Roast for 20 minutes until cooked through.



4. WARM THE ROLLS

Cut Turkish rolls in half. Place in oven for 5 minutes until toasty.



2. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with **1 tbsp ground coriander, oil, salt and pepper**. Cook for 2-4 minutes each side or to your liking. Remove to a plate to rest, keep pan on heat (see notes).



5. FINISH AND SERVE

Slice steaks to desired thickness. Assemble rolls with spinach, steaks, caramelised onion, roast tomatoes and beetroot.



3. CAMELISE THE ONION

Slice onion and add to pan as you go along with **1 tbsp oil and 20g butter**. Cook for 8-10 minutes until caramelised. Stir in **1/2 tbsp vinegar** and season with **salt and pepper** to taste. Set aside.



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