

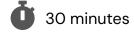




Seared Steak on Turkish Bread

with Caramelised Onion

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





2 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 TOTAL FAT CARBOHYDRATES

18g

18g

63g

FROM YOUR BOX

TOMATOES	2
BEETROOT	1
ROSEMARY SPRIG	1
BEEF STEAKS	300g
BROWN ONION	1
TURKISH ROLLS	2-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 beetroot. 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.



2. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with **2 tsp 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).



3. CARAMELISE 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.



4. WARM THE ROLLS

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



5. FINISH AND SERVE

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



How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**



