



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



4/6 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** 40g **TOTAL FAT** 17g **CARBOHYDRATES** 38g

FROM YOUR BOX

	4 PERSON	6 PERSON
TOMATOES	3	4
BEETROOTS	2	3
ROSEMARY SPRIG	1	2
BEEF STEAKS	600g	600g + 300g
BROWN ONION	1	2
TURKISH ROLLS	4	6
BABY SPINACH	60g	2x 60g

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.

If you don't want to use butter, you can use 1 tbsp extra oil in step 3.

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. CARMELISE 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 **1/2–1 tbsp balsamic vinegar** and season with **salt and pepper** to taste. Set aside.

6P – use **2 tbsp oil** and **30g butter** for **2 onions**.



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