

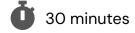




# Seared Steak on Turkish Bread

# with Caramelised Onion

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





4 servings



# 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.

PROTEIN TOTAL FAT CARBOHYDRATES 59g

#### FROM YOUR BOX

TOMATOES	3
BEETROOTS	2
ROSEMARY SPRIG	1
BEEF STEAKS	600g
BROWN ONION	1
TURKISH ROLLS	4
BABY SPINACH	60g

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

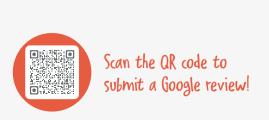
oven tray, frypan

#### **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).



### 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.



# **5. FINISH AND SERVE**

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



