



NOV
2016

Steak Sandwiches

with Caramelized Onion and Roasted Tomato Salad

There's nothing like slices of juicy steak in a crusty ciabatta sandwich. Sweet caramelized red onions and roasted tomatoes really round out this take on a steakhouse dish.

 Prep
30 min

 level 1



Sirloin Steak



Demi-Baguette



Red Onion



Plum Tomatoes



Spring Mix



Thyme



Balsamic Vinegar



Dijon Mustard



Mayonnaise

Ingredients

	2 People	4 People	*Not Included
Sirloin Steak	1 pkg (340 g)	2 pkg (680 g)	
Demi-Baguette, 10"	1	2	Allergens
Red Onion, sliced	2 pkg (113 g)	4 pkg (227 g)	1) Wheat/Blé
Plum Tomatoes	2	4	2) Sulphites/Sulfites
Spring Mix	1 pkg (56 g)	2 pkg (113 g)	3) Mustard/Moutard
Thyme	1 pkg (7 g)	2 pkg (14 g)	4) Egg/Oeuf
Mayonnaise	4) 5)	4 pkg (4 tbsp)	5) Soy/Soja
Balsamic Vinegar	2)	2 pkg (4 tbsp)	
Dijon Mustard	2) 3)	2 pkg (3 tsp)	Tools
Sugar*	1 tsp	2 tsp	Baking sheet, Large pan, Small bowl, Medium bowl, Measuring Spoons
Olive or Canola Oil*			

Nutrition per person Calories: 808 cal | Fat: 39 g | Protein: 47 g | Carbs: 66 g | Fiber: 3 g | Sodium: 1003 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat the oven to 400°F. (To roast the tomatoes, steak and bread.) Start prepping when your oven comes to temperature!

2 Prep and roast the tomatoes: Wash and dry all produce. Strip **1 tbsp thyme leaves** (double for 4 people) off the sprig. Cut each **tomato** into 4 wedges. Toss the tomatoes on a baking sheet with a drizzle of **oil**, **half the thyme** and a pinch of **salt** and **pepper**. Roast in the centre of the oven until softened and golden, 20-25 min.

3



3 Cook the steaks: Meanwhile, season the **steak** with **remaining thyme**, **salt** and **pepper**. Heat a large pan over medium-high. Add a drizzle of **oil**, then the **steak**. Sear until golden-brown on the outside, 1-2 min per side. Transfer the steak to the baking sheet with the tomatoes. Roast until steak is cooked to desired doneness, 6-8 min (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.)

7



4 Meanwhile, add a drizzle of **oil** to the pan and reduce the heat to medium. Add the **red onion**, **half the vinegar** and **sugar**. Cook, stirring occasionally, until the onion is golden and soft, 8-10 min.

5 Meanwhile, in a small bowl, mix the **mayonnaise** and **mustard**.

6 Toast the bread: Remove the **steak** and **tomatoes** from the oven. Cut the **bread** in half, crosswise, then lengthwise, to make 2 sandwiches. Toast on the baking sheet until golden, 3-4 min.

7 Finish and serve: In a medium bowl, toss the **spring mix** with the **remaining vinegar** and a drizzle of **oil**. Season with **salt** and **pepper**. Thinly slice the **steak**. Spread the **dijon-mayo** on the **toasted bread**. Top with **sliced steak**, **caramelized onion** and some **salad greens**. Serve alongside the **remaining salad** topped with **roasted tomatoes**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in