



STEAK SANDWICH WITH BEETROOT RELISH

Serves 4 | Serves of Veg 4 | 0:15 Prep | 0:30 Cook



NUTRITION PANEL

NUTRITION INFORMATION

Servings per package: 4

Serving size: 550 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	3460 kJ	630 kJ
Protein	61.9 g	11.3 g
Fat, total	22.1 g	4 g
- saturated	3.6 g	0.6 g
Carbohydrate	87.7 g	16 g
- sugars	12.6 g	2.3 g
Sodium	747 mg	136 mg

SHOPPING LIST



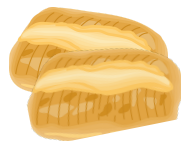
Potato



Red Onion



Rocket leaves



Ciabatta Rolls



Balsamic
Vinegar



Mayonnaise



Salt & Pepper



Minute Steak
(Sirloin)



Tomato



Beetroot



Olive Oil



Brown Sugar



Dijon
Mustard

SCAN QR FOR MORE
RECIPE IDEAS



Ingredients

- 800g potato
- 4 pieces minute steak (~125-150g each)
- 1 medium red onion
- 2 medium tomato
- 200g rocket leaves, washed
- 2 medium beetroot
- 4 ciabatta rolls
- Olive oil
- ¼ cup balsamic vinegar
- 2 tbsp brown sugar
- ½ cup mayonnaise
- 2 tbsp Dijon mustard
- Salt & pepper, to taste

Recipe Steps

1. Preheat oven to 220°. Cut the **potato** into fries, place the fries onto a lined oven tray. Drizzle with little **olive oil**, season with **salt & pepper**. Toss to coat. Bake the fries for 25 mins or until golden & tender. Tip: turn the tray at 15 mins for even cooking.
2. To make the beetroot relish; grate **beetroot**. To a large frying pan, heat a drizzle of olive oil over medium-high heat. Add **grated beetroot, balsamic vinegar & brown sugar** - cooking for 2-3 mins until softened. Add **½ cup of water** & cook for another 5-6 mins or until reduced. Season with **salt & pepper**, transfer to a small bowl.
3. Thinly slice **tomatoes & red onion**. Cut **Ciabatta rolls** lengthways. Mix **mayonnaise & Dijon mustard** together in small bowl.
4. Pat dry minute steak with paper towel, season with **salt & pepper**.
5. Clean & return the large frying pan to a medium-high heat. drizzle in little **olive oil**. Add **seasoned minute steak** to hot fry-pan - cook in batches of 2-3 to not over fill the pan. Should only need 1-2 mins to cook. Set aside on plate covered with foil to keep warm, repeat with remainder.
6. For **toasted ciabatta roll** (optional), lay them open on the oven wire rack. Bake for 3 mins or until crispy & warm.
7. To assemble; spread Dijon mayonnaise inside ciabatta rolls, top with minute steak, beetroot relish, tomato, onion & rocket. Serve hot with baked fries.