

# DINNERLY



## Aussie Steak Sandwiches with Sweet and Sour Beetroot and R...



30-40 minutes



2 Servings

Celebrate Australia Day with this delicious dinner-sized sangas. Stuff baguettes with tender minute steaks and sweet beetroot, then dig in with a side of golden sweet potato.



## WHAT WE SEND

- 2 sourdough baby baguettes<sup>1,6</sup>
- 4 beef minute steaks
- 1 sweet potato
- 200g beetroot
- 100g rocket leaves WAS 70G
- 1 tomato

## WHAT YOU NEED

- olive oil
- sea salt and pepper
- sugar
- water

## TOOLS

- baking paper
- large deep frypan
- mandoline (optional)
- oven tray
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

We like leaving the skin on our sweet potatoes for extra nutrition and flavour but feel free to peel if you prefer. If you don't have a mandoline, thinly slice the beetroot with a knife instead.

## ALLERGENS

Gluten (1), Soy (6). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 860kcal, Fat 35.6g, Carbs 78.1g, Proteins 51.6g



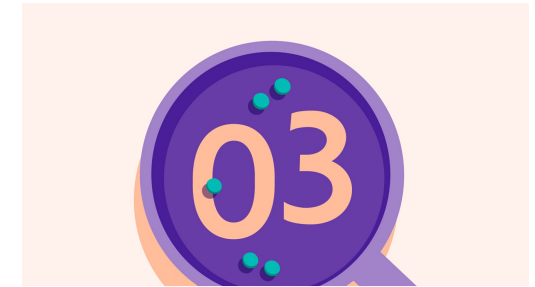
### 1. Roast sweet potato

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled sweet potato** into 2-3cm chunks (see cooking tip). Put the sweet potato on the lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast, turning once, for 20 mins or until golden and tender.



### 2. Pickle beetroot

Meanwhile, peel **half the beetroot** (the remaining beetroot won't be used in this dish) and thinly slice on a mandoline (see cooking tip). Put **2 tbs white wine vinegar**, **1 tbs sugar** and **125ml (½ cup) water** in a small saucepan over low heat and stir to dissolve the sugar. Bring to a simmer and cook for 2 mins or until tender. Set aside to pickle.



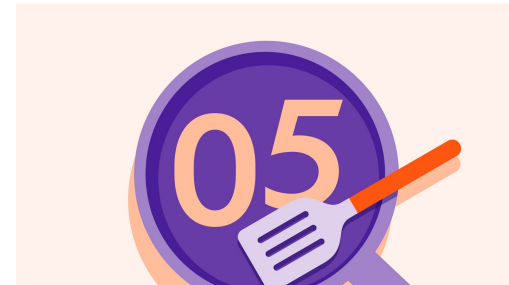
### 3. Warm baguettes

Halve the **baguettes** horizontally, taking care not to cut all the way through. Put on an oven tray and bake for 5 mins or until warmed through and crusty. Thickly slice the **tomato**.



### 4. Cook steaks

Put **1 tsp ground black pepper** and **1 tbs olive oil** in a bowl. Add the **beef steaks**, season with **salt** and toss to coat. Heat a large frypan over high heat. Cook the steaks for 30 secs - 1 min each side for medium or until cooked to your liking. Remove the pan from the heat.



### 5. Serve up

Spread the **baguettes** with **1½ tbs mayonnaise**. Slice the **steaks**. Drain the **beetroot** from the pickling liquid. Fill the baguettes with the **rocket**, **beetroot**, **tomato** and **steak**, then serve with the **roast sweet potato** and **any remaining rocket** on the side.



### 6. Make it yours

For a twist, add a cinnamon stick or a sprinkle of cumin seeds to the beetroot while you are pickling them.