



Caramelised Onion & Spiced Beef Subs

with Fries, Avocado & Herby Mayo

FESTIVE FAVES

Grab your Meal Kit with this symbol



Potato



Avocado



Onion



Beef Strips



Aussie Spice Blend



Brioche Hotdog Buns



Salad Leaves



Dill & Parsley Mayonnaise



Beef Rump

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins

When you're short on time but craving something you can devour with all your favourite components, a beef sub is the only option. Make it your own by customising it with caramelised onions, avocado and a creamy herb mayo. Add a side of fries and you'll be humming in bliss!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
avocado	1 (small)	1 (large)
onion	1 (medium)	1 (large)
beef strips	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
brioche hotdog buns	2	4
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4209kJ (1006Cal)	664kJ (159Cal)
Protein (g)	45.5g	7.2g
Fat, total (g)	56.4g	8.9g
- saturated (g)	18.3g	2.9g
Carbohydrate (g)	79.9g	12.6g
- sugars (g)	26.6g	4.2g
Sodium (mg)	1050mg	166mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4226kJ (1010Cal)	642kJ (153Cal)
Protein (g)	48.7g	7.4g
Fat, total (g)	55.6g	8.4g
- saturated (g)	19g	2.9g
Carbohydrate (g)	79.9g	12.1g
- sugars (g)	26.6g	4g
Sodium (mg)	1073mg	163mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

4



Cook the onion

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Return **beef** to the pan, season with **pepper** and stir to combine.

Custom Recipe: Slice beef rump before returning to the pan.

2



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice. Thinly slice **onion**. Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

Custom Recipe: If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with Aussie spice blend and a drizzle of olive oil.

5



Toss the salad

- Meanwhile, bake **brioche hotdog buns** directly on the wire oven rack until heated through, **3 minutes**.
- Slice **buns** in half lengthways, 3/4 of the way through.
- In a medium bowl, combine **salad leaves**, a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

Custom Recipe: Heat the frying pan as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

6



Serve up

- Spread bottom half of hotdog buns with **dill & parsley mayonnaise**, then top with beef-onion mixture, salad and avocado.
- Divide caramelised onion beef subs and potato fries between plates. Enjoy!

Rate your recipe

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