



# Caramelised Beef & Onion Subs

with Fries, Avocado & Herby Mayo

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Potato



Avocado



Onion



Beef Strips



Aussie Spice Blend



Brioche Hotdog Buns



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Beef Rump



Beef Strips

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!

## Pantry items

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



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Air fryer or Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
avocado	1 (small)	1 (large)
onion	½	1
beef strips	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
brioche hotdog buns	2	4
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4202kJ (1004cal)	386kJ (92cal)
Protein (g)	45.4g	4.2g
Fat, total (g)	56.9g	5.2g
- saturated (g)	18.3g	1.7g
Carbohydrate (g)	79.3g	7.3g
- sugars (g)	25.8g	2.4g
Sodium (mg)	1050mg	96.3mg
Dietary Fibre (g)	11.9g	1.1g

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

1



## Cook the fries

- Cut **potato** into fries.
- Set your air fryer to **200°C**.
- Place **fries** into the air fryer basket and drizzle over **olive oil**. Season with **salt** and **pepper** and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan forced. Place fries on a lined oven tray, drizzle with olive oil, season 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 **balsamic vinegar**, the **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.

2



## Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice.
- Thinly slice **onion** (see ingredients). 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.

5



## Toss the salad

- Meanwhile, slice **hotdog buns** in half lengthways and toast as desired.
- In a medium bowl, combine **mixed 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.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

