# Caramelised Beef & Onion Subs

with Fries, Avocado & Herby Mayo

AIR FRYER FRIENDLY

Grab your meal kit with this number

















Classic Roast Seasoning

Brioche Hotdog



Mixed Salad



Mayonnaise

Leaves





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

#### **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

# **Inaredients**

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
avocado	1 small	1 large
onion	1/2	1
beef strips	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
brioche hotdog buns	2	4
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



# 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 classic roast seasoning and a drizzle of olive oil. Add beef strips and toss to coat.



## 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.



## 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.



## Toss the salad

- Meanwhile, slice 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.

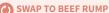


# Serve up

- 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!