



Lamb Steak & Creamy Pesto Sandwich

with Potato Wedges & Caramelised Onion

Grab your Meal Kit with this symbol



Potato



Red Onion



Tomato



Lamb Leg Steak



Ciabatta



Creamy Pesto Dressing



Rocket Leaves

Hands-on: **30-40 mins**
Ready in: **45-55 mins**

Ditch the cutlery and get a little handsy with dinner tonight as you tuck into this decadent beef steak sammie. With sticky caramelised onion and a creamy pesto dressing, you'll be transported to the pearly gates of gastronomy heaven.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
red onion	1 (medium)	1 (large)
tomato	1	2
balsamic vinegar*	2 tbs	¼ cup
water*	2 tsp	4 tsp
brown sugar*	1½ tsp	1 tbs
lamb leg steak	1 packet	1 packet
ciabatta	2	4
creamy pesto dressing	1 packet (50g)	1 packet (100g)
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3360kJ (802Cal)	522kJ (125Cal)
Protein (g)	52.8g	8.2g
Fat, total (g)	29.5g	4.6g
- saturated (g)	6.2g	1.0g
Carbohydrate (g)	73.2g	11.4g
- sugars (g)	13.1g	2.0g
Sodium (g)	635mg	99mg

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.

Top Steak Tips!

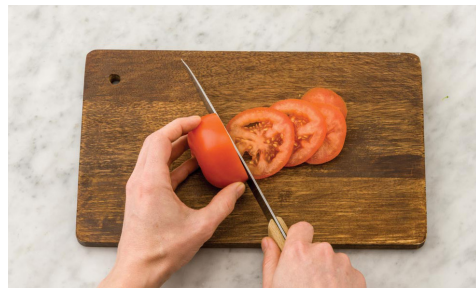
1. Use paper towel to pat steak dry before cooking.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time!



2. Get prepped

While the wedges are baking, thinly slice the **red onion**. Thinly slice the **tomato** into rounds.



3. Caramelize the onion

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



4. Cook the lamb steak

When the wedges have **10 minutes** cook time remaining, wash the frying pan and return to a high heat with a **drizzle** of **olive oil**. Season the **lamb leg steak** on both sides with **salt** and **pepper**. When the pan is very hot, add the **lamb** and cook for **2 minutes** on each side for medium (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**.

TIP: This will give you a medium steak – cook for a little less if you like it rare, or a little longer for well done.



5. Heat the ciabatta

Place the **ciabatta** directly on the wire rack in the oven and bake until heated through, **5 minutes**.



6. Serve up

Thinly slice the lamb steak. Slice each ciabatta loaf in half. Spread the ciabatta with the **creamy pesto dressing**, then top with the lamb, caramelised onion, tomato and **rocket leaves**. Serve with the wedges.

Enjoy!