



# 21 Day Aged Steak & Caramelised Onion Baguette

with Cheddar and Roasted Garlic Mayo

**Lunch** 25-30 Minutes • 1 of your 5 a day

27A

Find all your unchilled Market items in bag A.



21 Day Aged Rump Steaks



Onion



Garlic Clove



SlooOW Stone Oven White Baguette



Mature Cheddar Cheese



Mayonnaise



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Sugar



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Frying pan, aluminium foil, baking tray, bowl, grater and kitchen scissors.

## Ingredients

Ingredients	Quantity
21 Day Aged Rump Steaks**	2
Onion**	1
Garlic Clove**	3
SlooOW Stone Oven Baguette <b>3) 11) 13)</b>	1
Mature Cheddar Cheese** <b>7)</b>	60g
Mayonnaise <b>8) 9)</b>	64g
Wild Rocket**	20g

Pantry	Quantity
Sugar*	½ tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	326g / 100g	2069 / 495 / 636 / 152
Fat (g)	25.8	7.9
Sat. Fat (g)	9.8	3.0
Carbohydrate (g)	22.3	6.9
Sugars (g)	7.3	2.3
Protein (g)	44.4	13.7
Salt (g)	1.60	0.49

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **7)** Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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### Caramelize the Onion

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **steaks** from your fridge to allow them to come up to room temperature

**b)** Halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

**c)** Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.



### Slice the Bread

**a)** Once the **steaks** have cooked, transfer to a board, cover with foil and allow to rest for a couple of mins, then cut into bite-sized pieces.

**b)** While the **steaks** rest, grate the **cheese**.

**c)** Once baked, allow the **bread** to cool for 5 mins, then slice it in half lengthways and again widthways.



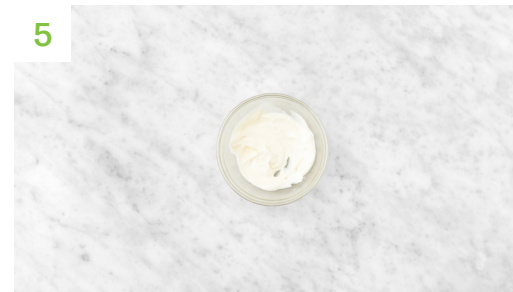
### Bake the Bread

**a)** Remove the **bread** from the packaging and pop onto a baking tray along with the **garlic parcel**.

**b)** Bake on the top shelf until the **bread** is toasted and golden and the **garlic** has softened, 10-12 mins.

**c)** Once the **onion** has softened, add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.

**d)** Once caramelised, remove the **onion** from the pan into a small bowl. Keep the pan for the next step.



### Make the Garlic Mayo

**a)** Once the **garlic** has cooked and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

**b)** In a small bowl, mix the **garlic** and **mayo**, then season with **salt** and **pepper**.

**c)** Spread the **roasted garlic mayo** over each **lid** and **base** of the **baguette**.



### Fry your Steaks

**a)** Add a drizzle of **oil** to the large frying pan and return to high. Season the **steaks** with **salt** and **pepper**.

**TIP:** Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

**b)** Once very hot, lay the **steaks** into the pan and fry until browned and medium-rare, about 5 mins. Turn halfway through. **TIP:** Cook each side for 1 min more if you like it more well done. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's safe to eat when browned on the outside.



### Build your Sandwich

**a)** Top each **base** with the **caramelised onion**, followed by the **steak**.

**b)** Arrange the **cheese** on top of the **steak** and, if you'd like to, pop it back into the oven until the **cheese** has melted, 2-3 mins.

**c)** Top the **cheese** with the **rocket**, then finish with the **lids**. Share between 2 serving plates.

Enjoy!