



# French Dip Inspired Steak Sandwich

with Cheddar, Caramelised Onions, Chips and Tomato & Rocket Salad

Street Food 40-45 Minutes • 1 of your 5 a day

31



21 Day Aged British Rump Steaks



Potatoes



SlooOW Stone Oven White Baguette



Red Onion



Mature Cheddar Cheese



Baby Plum Tomatoes



Fig Jam



Red Wine Jus Paste



Wild Rocket



Balsamic Glaze

**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

Baking tray, frying pan, grater, bowl, lid, saucepan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
21 Day Aged British Rump Steaks**	2	3	4
Potatoes	450g	700g	900g
SlooOW Stone Oven White Baguette <b>3) 11) 13)</b>	1	1½	2
Red Onion	1	1½	2
Mature Cheddar Cheese** <b>7)</b>	60g	80g	120g
Baby Plum Tomatoes	125g	190g	250g
Fig Jam	80g	80g	80g
Red Wine Jus Paste <b>10) 14)</b>	22g	37g	44g
Wild Rocket**	40g	60g	80g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Onions	½ tsp	1 tsp	1½ tsp
Water for the Jus	200ml	300ml	400ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>742g</b>	<b>100g</b>
Energy (kJ/kcal)	3042/727	410/98
Fat (g)	18.3	2.5
Sat. Fat (g)	9.5	1.3
Carbohydrate (g)	91.8	12.4
Sugars (g)	31.9	4.3
Protein (g)	51.3	6.9
Salt (g)	2.16	0.29

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

## Allergens

**3)** Sesame **7)** Milk **10)** Celery **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

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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## 1 Chip, Chip, Hooray

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.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through. Meanwhile, pop the **baguette** onto a baking tray. Bake on the middle shelf, 10-12 mins. Once baked, allow to cool.



## 4 Steak Time

Wipe out the (now empty) frying pan, then return to a high heat with a drizzle of **oil**. 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.**

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.**

Once the **steaks** are cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.**



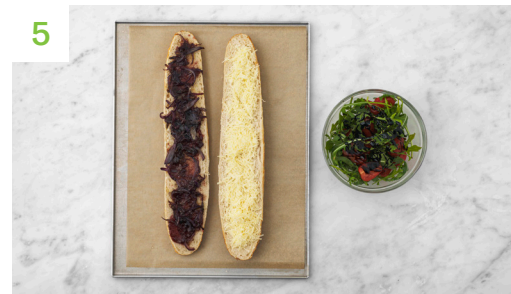
## 2 Caramelize the Onions

While everything bakes, halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** and a knob of **butter** (if you have any) in a large frying pan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 8-10 mins.

Add the **sugar for the onions** (see pantry for amount) and cook until caramelised, 1-2 mins more.

While the **onion** cooks, grate the **Cheddar**. Halve the **baby plum tomatoes**.



## 5 Finishing Touches

While the **steaks** cook, slice the **baguette** in half lengthways.

Spread the **caramelised onions** over the **base** and sprinkle the **Cheddar** over the **lid**. Return the **baguette** to the middle shelf of the oven until the **cheese** has melted, 3-5 mins.

Meanwhile, when the **steaks** are rested, slice widthways into 1cm slices.

Once the **cheese** has melted, remove the **baguette** from the oven. Top with the **sliced steak** and spoon over **2 tbsp** of the **red wine jus**, then sandwich shut and slice in half widthways.

Just before everything's ready, in a large bowl, toss the **rocket** and **tomatoes** with the **balsamic glaze**.



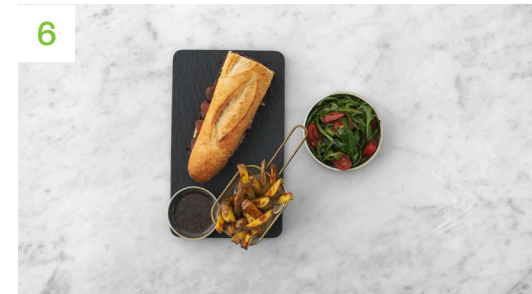
## 3 Simmer your Red Wine Jus

When the **onions** are cooked, transfer to a small bowl. Stir in the **fig jam** and cover with a lid to keep warm.

Next, pour the **water for the jus** (see pantry for amount) into a small saucepan and bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. **TIP: If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.**

Allow the **sauce** to bubble and thicken, stirring regularly, 8-9 mins. Once thickened, remove from the heat, cover and set aside.



## 6 Serve Up

Share your **steak sandwiches** between your plates.

Reheat the remaining **red wine jus** if needed, then transfer to small bowls and serve alongside for dipping.

Serve the **chips and salad** on the side.

## Enjoy!