



Everything
But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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Chipotle Steak Sandwich

After some pub grub but need a healthy alternative? The chipotle steak sandwich will do the job! With a slab of hearty steak, topped with tomatoes and rocket all wrapped up in one flavourful bready package, what's not to love?



20 mins



level 1



spicy



Minute Steaks



Tomato



Chipotle Seasoning



Baby Spinach



Red Onion



Baguette

2P	4P	Ingredients	
1/2	1	red onion, sliced into rings	⊕ A
1 tbs	2 tbs	red wine vinegar*	
2	4	sourdough baguettes	
1 tbs	2 tbs	olive oil*	
4	8	minute steaks	
1/2 tsp	1 tsp	HelloFresh chipotle seasoning	
1	2	tomato, sliced	⊕
70 g	140 g	baby spinach, washed	

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2290	Kj
Protein	45.6	g
Fat, total	17.8	g
-saturated	3.2	g
Carbohydrate	46.6	g
-sugars	7	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **180°C/ 160°C fan forced**.

2 Heat a pan with some olive oil over a high heat, add the **onion** rings and **vinegar** and cook until caramelised, this should take about **5 minutes**, remove and leave aside. You want them caramelised, not burnt!

3 Place the **baguettes** in the oven for **8-10 minutes**. Keep an eye on them so they don't burn!

4 Meanwhile, rub the **olive oil** over the **steaks** and season the steak with the **chipotle seasoning** (**warning: this can be hot!**) - alternatively if you have some mayonnaise at home you can mix this with the chipotle seasoning and use it to dress the steak after it has been cooked. Heat a griddle pan on a high heat and cook the steak for **1 minute** per side or until cooked to your liking. Cooking time will vary depending on your preference and the thickness of your steak.

5 Assemble the sandwich by slicing the bread in half. Layer with the caramelised onion, sliced **tomato**, **baby spinach**, and chipotle sauce (if you are using mayonnaise). Add the steak to the sandwich, season with **salt and pepper**, and enjoy.

