

Quick Steak Sandwich

with Rocket and Mature Cheddar

hellóchef

This steak sandwich comes together in under 20 minutes. Perfect for a quick lunch!

Cals 825 • Prot 40 • Carbs 88 • Fat 34

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🕒 cook: 20 min

R3470

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Sandwich | 2 ppl | 3 ppl | 4 ppl | |
|------------------------|-------|-------|-------|-------|
| Sirloin steak | 200 | 400 | 400 | Grams |
| Vegetable oil | 1 | 2 | 2 | Tbsp |
| Salt | 0.5 | 1 | 1 | Tsp |
| Mature cheddar 4* | 60 | 90 | 120 | Grams |
| Tomatoes | 1 | 2 | 2 | Piece |
| Dijon mustard 13* | 6 | 9 | 12 | Grams |
| Mayonnaise 5*, 9*, 13* | 20 | 30 | 40 | Grams |
| Ciabatta 10*, 11* | 2 | 3 | 4 | Piece |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |
| Onion marmalade | 56 | 84 | 112 | Grams |
| Rocket | 40 | 80 | 80 | Grams |

Allergens

*4 Milk, *13 Mustard, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

| | Per Serving* |
|------------------------|--------------|
| Energy (kJ/kcal) | 3463 / 825 |
| Fat (g) | 33.5 |
| of which saturates (g) | 12.3 |
| Carbohydrate (g) | 88 |
| of which sugars (g) | 21.3 |
| Fiber (g) | 5.3 |
| Protein (g) | 40 |
| Salt (g) | 3 |

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry steak

Pat the **steaks** dry with kitchen paper, rub them with **vegetable oil** and season with **salt**. Heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 2-3 min on each side or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest. Wipe the pan and reserve.



2 Prep

Meanwhile, grate the **cheddar**. Slice the **tomatoes**. In a small bowl, mix together the **Dijon** and **mayonnaise**.



3 Toast bread

Slice the **ciabattas** open. Return the pan to a medium heat. Once hot, add the **bread** and toast for 2 min.



4 Assemble

Thinly slice the rested **steaks** and season with a pinch of **salt** and **pepper**. Spread the **Dijon mayonnaise** on the bottom slice. Place the sliced **tomatoes** followed by the sliced **steaks** on the bottom slice. Top the **steaks** with the **cheddar**. Spread the **onion marmalade** on the top slice.



5 Serve

Top the **steaks** with the **rocket** and cover. Enjoy!