Quick Steak Sandwich

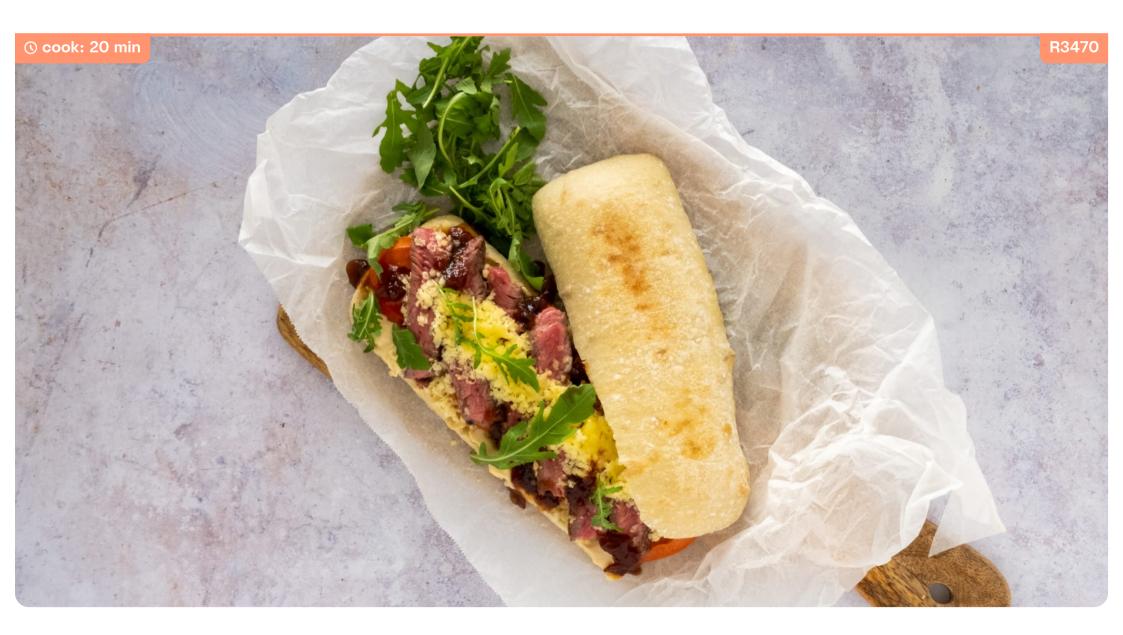
with Rocket and Mature Cheddar

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

helló chef

Cals 825 • Prot 40 • Carbs 88 • Fat 34

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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!