



# UCOOK

## Classic Beef Steak Sandwich

with potato wedges & garlic That Mayo

There is something so satisfying about a great sandwich - especially if it delights you with a classic combination. And what goes better with beef than mustard & caramelised onions? A slice of tangy tomato, a toasted Portuguese roll, plus greens and your easy-peasy meal is ready. Sided with crispy wedges, it's time to dine!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Quick & Easy

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 Paserene | Midnight Cabernet Sauvignon

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## Ingredients & Prep

200g	Potato <i>rinsed &amp; cut into thin wedges</i>
1	Onion
1	Tomato
20g	Green Leaves
160g	Free-range Beef Rump
5ml	NOMU Provençal Rub
1	Portuguese Roll
30ml	That Mayo (Garlic)
10ml	Wholegrain Mustard

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. CRISPY WEDGES** Preheat the oven to 220°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. SWEET & SILKY** Peel and slice ½ the onion. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until soft, browned and caramelised, 7-8 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan and cover.

**3. SEAR THE STEAK** Slice ½ the tomato into rounds. Rinse the green leaves. While the onion is caramelising, place another pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. ON A ROLL** Halve the Portuguese roll and spread butter over the cut-side or brush with oil. Return a pan, wiped down, to a medium heat. When hot, add the halved bun, cut-side down, and toast until crisp, 1-2 minutes. Slightly loosen the mayo with a splash of warm water.

**5. TIME TO TAKE A BITE** Smear the toasty roll with the mustard and ½ the mayo. Load up with the rinsed green leaves, the tomato rounds, the steak slices, and the caramelised onion. Side with the crispy wedges and the remaining mayo for dunking. Cheers, Chef!



## Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	455kj
Energy	109kcal
Protein	6.4g
Carbs	10g
of which sugars	1.4g
Fibre	1.8g
Fat	3.5g
of which saturated	1g
Sodium	86mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook  
within  
4 Days