



# UCOOK

## Classic Steak Sandwich

with potato wedges, Dijon mayo & fried onions

Enjoy this delicious steak sandwich with Dijon and That Mayo garlic mayo, fried onions, fresh tomato, and green leaves. Served with NOMU coffee rub-coated roasted potato wedges. How could you resist?

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**Hands-On Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Quick & Easy

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 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

200g	Potato <i>peeled (optional) &amp; cut into wedges</i>
5ml	NOMU Coffee Rub
1	Onion
20g	Green Leaves
1	Tomato
160g	Free-range Beef Sirloin
1	Schoon Ciabattini <i>defrosted &amp; halved</i>
5ml	Dijon Mustard
45ml	That Mayo (Garlic)

## From Your Kitchen

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

**1. ON THE WEDGE OF GLORY** Preheat the oven to 220°C. Place the potato wedges on a roasting tray, coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

**2. CARAMELIZED ONIONS** Peel and finely slice a ¼ of the onion. Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, add the sliced onion and a sweetener of choice (to taste) and fry for 3-5 minutes until soft and starting to caramelize, shifting occasionally. While the onions are frying, rinse the green leaves and slice the tomato into thin rounds.

**3. SIZZLING SIRLOIN** Return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with a paper towel. When the pan is hot, sear the steak fat-side down, for 3-5 minutes until crispy. Then, fry for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter or a drizzle of oil. Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**4. BUTTERY BUNS** Butter the cut sides of the halved bun or drizzle with oil. Return the pan, wiped down if necessary, to a medium-high heat. When hot, add the halved bun, cut-side down, and fry for 1-2 minutes until warmed through and browned. In a bowl, combine the mustard and the mayo.

**5. STEAK DINNER** Time to assemble! Smear the bottom bun half with some of the Dijon mayo. Top with the tomato rounds, the caramelised onions, the steak slices, and the rinsed green leaves. Close up the bun with the other half and serve any remaining fillings on the side. Side with the roasted potato wedges and the remaining Dijon mayo for dunking. Well done, Chef!

## Nutritional Information

Per 100g

Energy	618kJ
Energy	148Kcal
Protein	7.2g
Carbs	18g
of which sugars	2.1g
Fibre	1.9g
Fat	3.6g
of which saturated	0.9g
Sodium	184mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook  
within  
4 Days