Caramelised Beef & Capsicum Subs

with Balsamic Salad & Smokey Aioli

EASY KIDS DINNER

Grab your meal kit with this number **42**

- Capsicum
- Onion
- Brioche Hotdog Buns
- Beef Strips
- Mixed Salad Leaves
- Smokey Aioli

Beef Strips

Halloumi/Grill Cheese

Prep in: 10-20 mins
Ready in: 25-35 mins

Big flavour, no fuss! These sublime subs are packed with juicy beef, sweet caramelised onions and a drizzle of smokey aioli, all tucked into a soft roll. It's a handheld feast that's messy in the best way!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
onion	½	1
brioche hotdog buns	2	4
beef strips	250g	500g
balsamic vinegar*	1 tbsp	2 tbsp
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
smokey aioli	1 medium packet	2 medium packets

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2790kJ (667Cal)	696kJ (166Cal)
Protein (g)	37.6g	9.4g
Fat, total (g)	39.5g	9.9g
- saturated (g)	13.5g	3.4g
Carbohydrate (g)	39.8g	9.9g
- sugars (g)	14.7g	3.7g
Sodium (mg)	546mg	136mg
Dietary Fibre (g)	4.9g	1.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1

Get prepped

- Thinly slice **capsicum**. Thinly slice **onion (see ingredients)**.
- Slice **brioche hotdog buns** in half lengthways.
- Discard any liquid from **beef strips** packaging and season to taste with **salt** and **pepper**.

2

Caramelise the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a medium bowl.

3

Cook the beef

- Return the frying pan to high heat with a drizzle of **olive oil**.
- Cook **capsicum** until tender, **4-5 minutes**.
- Add **beef strips**, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with **onion**, stir to combine and cover to keep warm.
- Toast **hotdog buns** as desired.

TIP: *Cooking the meat in batches over high heat helps it stay tender.*

4

Finish & serve

- In a second medium bowl, combine **mixed salad leaves** and a drizzle of balsamic vinegar and olive oil. Season to taste.
- Spread bottom half of hotdog buns with **smokey aioli**, then top with beef-capsicum mixture.
- Divide caramelised beef and capsicum subs and balsamic salad between plates to serve. Enjoy!

Little cooks: *Help wash and toss the salad leaves!*
ELEVATE ME: *If you've added extra ingredients to your meal, thinly slice spring onion. Dollop roast tomato salsa over beef mixture, sprinkle over shredded Cheddar cheese and spring onion to serve.*

CUSTOM OPTIONS

BEEF STRIPS:
Follow method above.

HALLOUMI/GRILL CHEESE:
Cut into 1cm-thick slices. Cook, until golden brown, 1-2 minutes each side.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO