

# HEINZ

RECIPE

## Steak Sandwich with Caramelised Onions

## Salad Cream

with  
lemon &  
black pepper



**Serves:**

4



**Preparation Time:**

10 minutes



**Cook Time:**

25-30 minutes

### Ingredients:

- 3 medium onions, finely sliced
- 2 tbsp extra virgin olive oil
- 2 x 250g rib eye steaks
- 2 tsp sunflower oil
- 4 ciabatta rolls, cut in half
- 4 tbsp **Heinz Salad Cream Lemon & Black Pepper**
- 60g rocket leaves

### Method:

Place the onions in a large frying pan with 200ml water, cover and cook over a medium heat for 8 -10 minutes until the water has evaporated.

Remove the lid and add the olive oil and cook for 15 minutes or until the onions are caramelised, stirring occasionally and season.

Meanwhile heat a non stick frying pan until hot but not smoking. Brush both sides of the steaks with the sunflower oil and season well.

Place the steaks in the frying pan and cook for 2 minutes each side for rare and 3 minutes for each side for medium, bear in mind exact cooking times are dependent on the thickness of the steak. Remove the steaks from the pan and allow to rest for 5 minutes.

Meanwhile place the halved rolls cut side down in the frying pan to brown slightly and pick up the juices in the pan.

Spread each half of the rolls with the Heinz Salad Cream Lemon & Black Pepper. Slice the steaks and divide between the four rolls and top with caramelised onions and rocket leaves, and serve.

Tip: This works just as well using cooked chicken breasts or sausages.