



BBQ STEAK SANDWICH

with Caramelized Onions and Baked Sweet Potatoes

FAMILY



HELLO

BBQ SAUCE

This flavourful sauce is sweet, smoky and sticky all at once!

TIME: 35 MIN



Beef Steak



Artisan Bun



Sweet Potato



BBQ Sauce



Balsamic Vinegar



Baby Spinach



Mayonnaise



Garlic Salt



Red Onion, sliced

BUST OUT

- Large Non-Stick Pan • Measuring Spoons
- Aluminum Foil • Paper Towels
- 2 Baking Sheets • Salt and Pepper
- 2 Small Bowls • Olive or Canola Oil
- Sugar (2 tsp)

INGREDIENTS

4-person

- Beef Steak 570 g
- Artisan Bun 1 4
- Sweet Potato 680 g
- BBQ Sauce 6,9 ¼ cup
- Balsamic Vinegar 9 2 tbsp
- Baby Spinach 56 g
- Mayonnaise 3,6,9 ½ cup
- Garlic Salt 9 1 tsp
- Red Onion, sliced 227 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 63°C/145°F.



START STRONG

Preheat the oven to **425°F** (to bake potatoes and toast buns). Start prepping when the oven comes up to temperature!



1 BAKE SWEET POTATOES
Wash and dry all produce.* Cut **sweet potatoes** into ¼-inch matchstick fries. On a baking sheet, toss **sweet potatoes** with **half the garlic salt** and **2 tbsp oil**. Season with **pepper**. Bake in **middle** of oven, flipping halfway through cooking, until golden-brown, 24-26 min.



4 SEAR STEAK
Heat the same pan over medium-high heat. When pan is hot, add **2 tbsp oil**, then **steaks**. Pan-fry, until cooked to desired doneness, 4-6 min per side. (**TIP:** Cook to a min. internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.**) Remove the pan from heat and transfer **steaks** to a plate. Loosely cover with foil and set aside to rest.



2 CARMELIZE ONIONS
Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **2 tsp sugar** and season with **salt**. Cook, stirring occasionally, until golden-brown, 5-6 min.



5 TOAST BUNS
Meanwhile, halve **buns**. On another baking sheet, arrange **buns**, cut-side up. Toast in **top** of oven, until lightly golden, 4-5 min. (**TIP:** Keep an eye on your buns so they don't burn!) In another small bowl, stir together **mayo** and **remaining garlic salt**. Spread **half the mayo mixture** across all **toasted buns**.



3 PREP STEAK & FINISH ONIONS
Meanwhile, pat **steak** dry with paper towels, then season with **salt** and **pepper**. When **onions** are done, remove pan from heat and stir in **vinegar**. Transfer **onions** to a small bowl and set aside. Wipe the pan clean.



6 FINISH AND SERVE
Slice **steak**. Divide **steak** between **bottom buns**, then brush over **BBQ sauce**. Top with **onions, spinach** and top with **top bun**. Serve **sweet potatoes** alongside, with **remaining mayo mixture**, for dipping.

SAUCY!

Be sure to grab a napkin before biting into this tender beef sandwich smothered in sauce.