



# SMOKY BBQ BEEF SANDWICH

with Sautéed Peppers and Onions and Roasted Parsnip Fries

PRONTO

MAKE FIRST



## HELLO

### PARSNIP FRIES

A tasty twist on classic fries, roasted parsnips are known for their sweet, earthy flavour

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 776



Shaved Beef



Burger Bun



Monterey Jack Cheese, shredded



Thyme



Red Bell Pepper



Garlic



Parsnip, fries



Onion, sliced



BBQ Sauce



Smoked Paprika

## BUST OUT

- 2 Baking Sheets
- Measuring Spoons
- Large Bowl
- Medium Bowl
- Large Non-Stick Pan
- Salt and Pepper
- Garlic Press
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Shaved Beef 285 g | 570 g
- Burger Bun 1,2,3 2 | 4
- Monterey Jack Cheese, shredded 2 ½ cup | 1 cup
- Thyme 10 g | 10 g
- Red Bell Pepper 190 g | 380 g
- Garlic 10 g | 20 g
- Parsnip, fries 340 g | 680 g
- Onion, sliced 113 g | 227 g
- BBQ Sauce 9 2 tbsp | 4 tbsp
- Smoked Paprika 1 tsp | 2 tsp

## 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 soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 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.



## START STRONG

Preheat the oven to **400°F** (to roast the parsnips and toast the sandwiches). Start prepping when the oven comes up to temperature!



**1 ROAST PARSNIPS**  
Wash and dry all produce.\* Strip **4 tsp thyme leaves** from the stems (double for 4 ppl). On a baking sheet, toss the **parsnips** and **half the thyme leaves** with a drizzle of **oil**. Season with **salt and pepper**. Bake in the centre of the oven, stirring halfway through cooking, until the parsnips are golden-brown, 25-30 min.



**2 COOK VEGGIES**  
Meanwhile, core and cut the **bell pepper(s)** into ¼-inch thin strips. Mince or grate the **garlic**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the peppers, garlic, **onions, remaining thyme leaves** and **smoked paprika**. Cook, stirring occasionally, until the onions soften, 4-5 min. Season with **salt and pepper**.



**3 COOK BEEF**  
When **veggies** are done, transfer to a medium bowl and set aside. Season the **shaved beef** with **salt and pepper**. Add another drizzle of **oil** to the same pan, then **half the shaved beef**. Cook until golden-brown, 1-2 min per side. Transfer to a large bowl and repeat with the **remaining beef**.



**4 ASSEMBLE**  
Add the **BBQ sauce** to the bowl with the **beef** and toss to coat. Halve the **buns**, then arrange them cut-side up on another baking sheet. Divide the beef on the bottom halves of the buns and top with the **pepper-onion mixture**. Sprinkle over the **cheese**.



**5 TOAST SANDWICHES**  
Toast the **sandwiches** in the centre of the oven, until the top **buns** are golden-brown and the **cheese** melts, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!)



**6 FINISH AND SERVE**  
Top the **beef sandwiches** with the top halves of the **buns** and divide between plates. Serve the **parsnips** on the side.

## SAUCY!

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

