SHOPPING LIST

Steak Sandwich with Caramelised Onions and Mustard Mayo

Serves 2

- [ ] 2 sirloin steaks, about 200 g each
- [ ] Salt and black pepper
- [ ] 1 tbsp oil
- [ ] 2 ciabatta rolls, split
- [ ] A handful of rocket

Caramelised onions

- [ ] 3 large onions, thinly sliced
- [ ] 2 tbsp butter
- [ ] 1 tsp sugar
- [ ] 1 tbsp balsamic vinegar

Mustard mayo

- [ ] 3 tbsp mayonnaise
- [ ] 1 tbsp wholegrain mustard
- [ ] 1 tsp lemon juice

Tick off what you already have at home.