HEARTY & GROUNDING

Steak Sandwich with Caramelised Onions and Mustard Mayo

PREP	COOK	SERVES
15 min	40 min	2

Sliced sirloin on toasted ciabatta with sweet, slow-cooked onions, peppery rocket and a punchy mustard mayo.

Ingredients

- 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

Method

1. Melt the butter in a wide pan over medium-low heat. Add the onions and a pinch of salt and cook, stirring now and then, for 30 minutes until deep brown and soft. Add the sugar and balsamic and cook for 2 minutes more.
2. Stir together the mayonnaise, mustard and lemon juice.
3. Season the steaks and sear in a hot oiled pan for 2 to 3 minutes per side for medium-rare.

Rest for 5 minutes, then slice thinly.

4. Toast the cut sides of the rolls. Spread with mustard mayo, pile on the steak, onions and rocket, and close.

Cook's tip

Slice the steak thinly and stack it high. Thin slices are easier to bite through and keep the sandwich tender.