



PHILLY STEAK SUB

with Slaw and Wedges



HELLO CHEESE

Originating in the Somerset Village of Cheddar. This cheese accounts for over 50% of the Country's annual cheese consumption.



Potato



Brioche Roll



Carrot



Baby Gem Lettuce



Cheddar Cheese



Echalion Shallot



Beef Steak Strips



Soured Cream

MEAL BAG

Hands on: **20** mins
Total: **35** mins

1.5 of your
5 a day

Family Box

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Baking Trays, Coarse Grater** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into 2cm wide wedges (no need to peel). Halve the **brियोche rolls** (but not all the way through) and set aside. Pop the **wedges** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat, make sure they are in a single layer. Roast in on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. When the **wedges** have about 5 mins left, pop the **brियोche rolls** on the middle shelf on another baking tray for 5 mins.



4 FINISH THE FILLING

Add a drizzle of **oil** to the now empty pan if it is dry and reduce the heat to medium. Add the **shallot**, stir-fry until softened, 3-4 mins, then add the **steak** back in along with the **cheese** and **half** the **soured cream**. Cook for 1 minute to heat through, then remove from the heat. Add a pinch of **salt** and **pepper** and stir everything together.



2 DO THE PREP

Trim the **carrot** and coarsely grate (no need to peel). Trim the root from the **brियोche lettuce** then halve lengthways. Thinly slice widthways. Put them in a large bowl and set aside. Grate the **cheddar cheese**. Halve, peel and thinly slice the **shallot**.



5 MAKE THE SLAW

Season the remaining **soured cream** with a pinch of **salt** and **pepper**, add to the **lettuce** and **carrot** and mix together. Taste and add more **salt** and **pepper** if you feel it needs it.



3 FRY THE STEAK

Heat a drizzle of **oil** in a frying pan on high heat. Once the pan is hot, add the **steak strips** along with a pinch of **salt** and **pepper**. Stir-fry until browned on the outside, then remove from the pan, 4-5 mins. **IMPORTANT:** The **steak strips** are cooked when they are no longer pink in the middle.



6 ASSEMBLE AND SERVE

Spoon the **cheesy steak filling** into each roll and serve with the **wedges** and **slaw** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1	1½	2
Brioche Roll 7) 8) 11) 13)	2	3	4
Carrot *	1	1	2
Baby Gem Lettuce *	1	2	2
Cheddar Cheese 7) *	1 block	2 blocks	2 blocks
Echalion Shallot *	1	2	2
Beef Steak Strips *	260g	390g	520g
Soured Cream 7) *	½ pouch	¾ pouch	1 pouch

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 542G	PER 100G
Energy (kJ/kcal)	3391 / 811	626 / 150
Fat (g)	35	6
Sat. Fat (g)	19	4
Carbohydrate (g)	80	15
Sugars (g)	12	2
Protein (g)	46	8
Salt (g)	0.99	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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