



STEAK MELTS

WITH MUSHROOMS AND CARAMELISED ONIONS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

These steak melts feature thick slices of ciabatta loaded up with cheese, caramelised onions, mushrooms and thinly sliced rump steak. There are plenty of veggies to balance out the indulgence!



1. COOK MUSHROOMS AND ONIONS

Slice mushrooms. Thinly slice onions and crush garlic. Heat butter and oil in a large frying pan until butter melts and starts to bubble. Add onions, vinegar, sugar and thyme and cook until soft (about 5 minutes). Add mushrooms and garlic and cook for a further 5 minutes, until tender. Stir in soy sauce and season to taste with pepper (and salt, if needed). Reduce heat to low while you prepare the rest of the meal.

2. COOK STEAK

Rub steak all over with oil and season well with salt and pepper. Place a chargrill pan, frying pan (or barbecue) on medium-high heat. Add steak and cook for 3 minutes each side (for medium-rare). Remove steak onto a board, cover with foil and leave to rest for 5 minutes.

3. ASSEMBLE AND SERVE

Meanwhile, turn oven on to grill. Slice approximately 8 fairly thick slices (depending on number of melts you want to make - 1 allowed for 2 per person) from the ciabatta loaf. Place in oven and grill, flipping over when required, to toast. Watch carefully!!

4. Finely dice capsicum. Slice steak into strips. Spread aioli onto the toasted ciabatta slices. Top with Colby, spinach, mushroom/onion mixture, steak slices and capsicum. Sprinkle with parmesan and grill until parmesan has melted (again, watch carefully!). Serve immediately.

MUSHROOMS & ONIONS

- 250g button mushrooms (8.8oz)
- 2 brown onions
- 2 cloves garlic
- 1 Tbsp butter
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1/2 Tbsp brown sugar
- 1 tsp dried thyme
- 1/2 Tbsp soy sauce

STEAK

- 500g beef rump steak (1lb 2oz)
- 1/2 Tbsp olive oil

TO SERVE

- 1 loaf ciabatta bread
- 1 small red capsicum
- 1/4 cup aioli (60ml)
- 8 slices Colby cheese (100g)
- 40g baby spinach (1.8oz)
- 1/3 cup finely grated parmesan cheese (30g)



WINE MATCH: Try a Cabernet Sauvignon.

STEAK MELTS RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free soy sauce. Use a gluten-free artisan loaf or 4 gluten-free burger buns instead of ciabatta. Make sure aioli is gluten-free.

INGREDIENT SWAPS / NOTES: Try a combination of different mushrooms. You could use sirloin or eye fillet steak instead of rump steak.

BUDGET TIP: Replace parmesan with extra Colby cheese.

STORING AND REHEATING: Store mushrooms, onions and steak together. Reheat in a frying pan or in the microwave. Ciabatta can be heated in a toaster and assembled melts can be microwaved briefly, rather than grilling. Assemble melts just before serving.