






Kiwi Steak and Onion Sandwich

	Prep time:	10 minutes
	Cook time:	45 minutes
	Serves:	4



Ingredients

3 large onions, sliced

¼ cup **Cottee's Maple Flavoured Syrup**

3 Tbsp balsamic vinegar

4x 125g sirloin thin cut steaks, trimmed, about 1cm thickness

1 ciabatta loaf, cut into 4 pieces

½ cup **Eta Lite & Free Mayonnaise**

mesclun salad leaves

2 tomatoes, sliced

Method

Caramelised Onions

1. Heat a dash of oil in a saucepan. Add the onions. Cover and cook over a medium heat until they begin to soften. Remove the lid and continue cooking for 10-15 minutes until the onions start to change colour. Add **Cottee's Maple Flavoured Syrup** and balsamic vinegar. Stir. Continue to cook over a medium heat uncovered for a further 30-35 minutes, until the onions are soft and caramelised, and the liquid is absorbed. Set aside.

Steak Sandwich

1. BBQ or quickly pan fry the sirloin steaks over a high heat until just cooked, turning once during cooking. Allow to rest for 5 minutes.
2. Cut ciabatta pieces in half. Spread the tops and the bottoms of the bread with **Eta Lite & Free Mayonnaise**.
3. Top half the bread with mesclun leaves, tomato slices, steak and caramelised onions. Cover with the remaining bread pieces