

# Balsamic red onion steak sandwiches



## Balsamic red onion steak sandwiches

**Preparation:** about 15 minutes

**Cooking:** about 20 minutes

**Serves:** 4

3 medium red onions, halved and thinly sliced

2 garlic cloves, crushed

¼ cup balsamic vinegar

2½ tbs olive oil

2 tbs wholegrain mustard

Salt and ground black pepper

4 x 1cm-thick beef scotch fillet steaks

8 slices sourdough or Italian style bread

4 lettuce leaves (oak leaf is great)

2 vine-ripened tomatoes, sliced

1. Combine onions, garlic, balsamic vinegar, 1 tbs oil and mustard in a bowl. Season with salt and pepper to taste. Toss to combine. Set aside for 10 minutes (or longer if time permits).
2. Heat a non-stick frying pan over medium heat. Add 1 tbs oil and heat until hot. Add onion mixture and cook, stirring occasionally, for 15–20 minutes until soft and golden.
3. Heat a char-grill or barbecue over medium-high heat. Brush steaks with remaining 2 tsp oil and season with salt and pepper to taste. Cook steaks for 2 minutes on each side (for medium) or until cooked to your liking.
4. Lightly toast or grill bread. Place 4 slices toast on serving plates. Top each with lettuce leaves, tomatoes, steak and onions. Season with salt and pepper to taste. Top with remaining bread and serve.



### Red onions

- A rich source of a variety of natural sulphur compounds that appear to protect the body against many health problems.
- Worldwide, onions are the second most important horticultural crop (after tomatoes).
- Onions are a good source of niacin (vitamin B3) which plays a role in the release of energy in the body.
- Onions provide some thiamin (vitamin B1) and vitamin B6, both of which are important in the body's nervous system.

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