



FOR the  
Little ones

fries

BROCCOLI



Sliced Beef with  
DIP



# Steak with Mixed fries

Juicy garlicky beef steaks served with mixed golden fries, steamed broccoli and a herby dip sauce.

40 Minutes

2 Servings

Beef

| Per serve : | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
|             | 42g     | 50g       | 72g           |

## FROM YOUR BOX

|                 |          |
|-----------------|----------|
| MEDIUM POTATOES | 2        |
| SWEET POTATO    | 400g     |
| BEEF STEAKS     | 300g     |
| GARLIC CLOVE    | 1        |
| BROCCOLI        | 1        |
| AIOLI           | 1 sachet |

## FROM YOUR PANTRY

oil for cooking, olive oil/butter, salt, pepper, dried tarragon, dijon mustard

## COOKING TOOLS

oven tray, frypan with lid

Dice the steaks and thread onto skewers - delicious cooked on the BBQ!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. Roast the Potatoes

Set oven to 220°C. Cut **potatoes** and **sweet potato** into chips. Toss on a lined oven tray with **oil** and **salt**. Roast for 25-30 minutes or until golden and tender.

**tip** Cut potatoes into wedges or bite sized chunks instead if you prefer!



### 4. Make the Dip

Meanwhile, stir to combine **aioli**, **2 tsp dried tarragon** and **1 tsp dijon mustard**. Set aside in the fridge until serving.

**tip** Leave the aioli plain if the kids prefer!



### 2. Season the Steaks

Toss **steaks** with crushed **garlic**, **oil**, **salt** and **pepper**.

**tip** You can add a dried or fresh herb for extra flavour on the steaks such as rosemary, thyme or oregano.



### 5. Cook the Steaks

Reheat frypan over medium-high heat. Add a little **oil** and **steaks**. Cook for 2-3 minutes on each side or until cooked to your liking. Set aside on a plate to rest for a few minutes.



### 3. Cook the Broccoli

Cut **broccoli** into florets. Place in a pan with **1/2 cup water**. Cover and cook for 3-5 minutes, or until softened to your liking. Drain and transfer to a serving bowl, drizzle with **olive oil** or **butter**. Reserve pan for step 5.



### 6. Finish and Serve

Serve **steaks** (slice if required) with a side of **fries**, **dip sauce** and **broccoli**.