



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

 4/6 Servings  Beef

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	44g/33g	32g/38g	55g/40g
4/6 person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	3	5
SWEET POTATO	600g	600g
BEEF STEAKS	600g	600g + 300g
GARLIC CLOVE	1	2
BROCCOLI	1	2
GREEN BEANS	150g	250g
AIOLI	1 sachet	2 sachets

FROM YOUR PANTRY

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

COOKING TOOLS

oven tray, large 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!



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.



3. Cook the Greens

Cut **broccoli** into florets, trim and halve **green beans**. 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.



4. Make the Dip

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

6P – combine **aioli**, **1 tbsp dried tarragon** and **2 tsp dijon mustard**.

tip Leave the aioli plain if the kids prefer!



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.



6. Finish and Serve

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