



**Product Spotlight:**  
**Onion**

Did you know onions were a form of currency in the Middle Ages? They paid for rent, goods and services, and they were even given as gifts!



# Butter Sauce Steaks

with Potato Hash

Seared beef steaks, sliced and tossed in a silky butter sauce with thyme, served with golden potato cubes and sautéed vegetables.



30 minutes



2 servings



Beef

21 July 2023

## Switch it up!

*You can use the potatoes to make a mash instead! Serve the steaks whole and serve the butter sauce on the side if preferred.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	34g	50g

## FROM YOUR BOX

MEDIUM POTATOES	3
BROWN ONION	1
THYME	1 packet
BROCCOLINI	1 bunch
CHERRY TOMATOES	1 packet (200g)
BEEF STEAKS	300g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, plain flour, butter, 1 stock cube (of choice)

## KEY UTENSILS

oven tray, 2 frypans

## NOTES

Due to a last-minute supply issue, we needed to replace broccolini with green beans in this recipe.

Add any resting juices from steaks to the butter sauce for extra flavour.



### 1. ROAST THE POTATOES

Set oven to 250°C.

Dice potatoes and toss with **oil, salt and pepper** on a lined oven tray. Roast in oven for 20–25 minutes until golden and cooked through.



### 2. COOK THE ONION

Heat a frypan over medium-high heat with **1 tbsp oil** and **1 tbsp butter**. Slice and add onion along with 1 tbsp thyme leaves. Cook for 8 minutes until softened.



### 3. COOK THE VEGETABLES

Meanwhile, trim and halve beans (see notes). Halve tomatoes. Add to a second frypan over medium heat with **2 tsp butter**. Cook for 6–8 minutes until tender. Season with **salt and pepper** to taste.



### 4. SIMMER THE SAUCE

Stir **3 tsp flour** and **1/2 crumbled stock cube** into onions until coated. Pour in **1 cup water** and simmer for 5 minutes until thickened. Season with **salt and pepper** to taste. Swirl in **1 tbsp butter** until melted. Reduce heat to low.



### 5. COOK THE STEAKS

Coat steaks with **oil, salt and pepper**. Reheat frypan (from vegetables) to high. Cook steaks for 2–4 minutes each side or until cooked to your liking. Slice steaks and toss through butter sauce (see notes).



### 6. FINISH AND SERVE

Serve butter sauce steaks with vegetables and potato hash.



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