

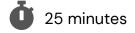




# **Seared Beef Steaks**

# with Chive Butter and Summer Salad

Grass-fed beef steaks, seared on the BBQ and finished with delicious chive butter, served with golden roasted potato cubes and a fresh radish salad.





2 servings



Beef

temperature before cooking. This will help get an even cook when you add them to the hot BBQ.

Take the beef steaks out to come to room

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 40g 27g 53g

#### FROM YOUR BOX

MEDIUM POTATOES	3
SNOW PEAS	1 bag (150g)
ORANGE	1
RADISHES	1 bunch
BEEF STEAKS	300g
CHIVES	1 bunch

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, balsamic vinegar, dried thyme

#### **KEY UTENSILS**

frypan/griddle or BBQ, oven tray

#### **NOTES**

Season the butter with salt if you are using unsalted butter.

Keep any leftover radishes in a bowl of water in the fridge. This will prevent them from dehydrating and keep them fresh!

You can add some ground cumin or coriander to the steaks for extra flavour.



#### 1. ROAST THE POTATOES

Set oven to 250°C. Take **40g butter** out to soften (see notes).

Chop potatoes and toss on a lined oven tray with 1 tsp thyme, oil, salt and pepper. Roast in oven for 20–25 minutes until golden and cooked through.



### 2. PREPARE THE SALAD

Whisk 1 tbsp balsamic vinegar and 1/2 tbsp olive oil together in a bowl. Trim and slice snow peas, peel and slice orange and radishes to taste (see notes). Toss together with dressing.



### 3. COOK THE STEAKS

Heat a frypan/griddle or BBQ over medium-high heat. Coat steaks with oil, salt and pepper (see notes). Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



## 4. MAKE THE CHIVE BUTTER

Finely slice chives and combine 1/2 with softened butter. Add remaining chives to the salad.



## **5. FINISH AND SERVE**

Divide potatoes, salad and steaks among plates. Serve with chive butter.



