



Product Spotlight: Garlic

Remove the smell of garlic from your hands by running them under cold water while rubbing a stainless steel object!



Steak and Chips

with Smoky Garlic Butter

Tender-cooked grass-fed steaks from Dirty Clean Foods served with roasted garlic butter, rosemary chips and fresh rocket salad on the side.



30 minutes



2 servings



Beef

26 May 2023

Switch up the Butter!

Instead of adding smoked paprika to the butter, you can add fresh sliced chives, thyme or parsley! Add dried chilli flakes or fennel seeds for a bit more spice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	23g	53g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
ROSEMARY SPRIG	1
GARLIC CLOVE	1
PEAR	1
ROCKET LEAVES	1 bag (60g)
BEEF STEAKS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, smoked paprika, vinegar (of choice)

KEY UTENSILS

frypan or griddle pan, oven tray

NOTES

Use tongs or a fork to carefully squeeze the roasted garlic out of the peel. If needed, mash it with a fork or chop it with a knife on a chopping board before combining it with the butter.



1. ROAST THE CHIPS

Set oven to 250°C. Set aside **30g butter** in a bowl to soften.

Cut potatoes and carrot into chips. Chop rosemary leaves and toss all together on a lined oven tray with **oil, salt and pepper**. Add garlic clove with skin on and roast for 15 minutes (see step 4).



4. MAKE THE GARLIC BUTTER

Remove garlic from oven tray and return chips to roast for a further 10 minutes.

Gently squash cooked garlic out of its skin into bowl with softened butter and mash together with **1/4 tsp paprika** (see notes).



2. PREPARE THE SALAD

Whisk together **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper**.

Slice pear and toss with rocket leaves. Set aside with dressing.



5. FINISH AND SERVE

Toss dressing with salad. Divide among plates with steak and chips. Serve with garlic butter.



3. COOK THE STEAKS

Heat a frypan or griddle pan over medium-high heat. Coat steaks with **1 tsp paprika, oil, salt and pepper**. Cook for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



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