

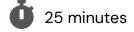




# **Steak and Garlic Potatoes**

## with Béarnaise Sauce

Seared grass-fed beef steaks with crispy cubes of potato and fresh rocket salad, paired perfectly with a creamy tarragon infused butter sauce.





2 servings



Beef

# Make a sandwich!

Find a crusty Turkish roll or some sliced bread and create a delicious steak sandwich! Use the salad, béarnaise and sliced steak in the rolls. Serve with potato chips on the side!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
38g 50g 53g

#### FROM YOUR BOX

MEDIUM POTATOES	3
PEAR	1
AVOCADO	1
ТОМАТО	1
ROCKET LEAVES	1 bag (60g)
BEEF STEAKS	300g
BÉARNAISE SAUCE	100g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, vinegar of choice

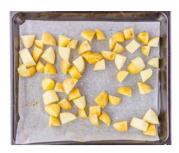
#### **KEY UTENSILS**

large frypan, oven tray

#### **NOTES**

The oven temperature is set to 250°C to quickly crisp the potatoes. You can choose to set the temperature at 220°C and cook the potatoes for longer if preferred.

You can coat your steaks with fresh rosemary or a dried herb of choice if preferred!



#### 1. ROAST THE POTATOES

Set oven to 250°C (see notes).

Dice potatoes. Toss with 1 crushed garlic clove, oil, salt and pepper. Roast for 20-25 minutes until golden and cooked through.



#### 2. PREPARE THE SALAD

Slice pear and avocado. Wedge tomato. Toss with rocket leaves.

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



#### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat beef 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. FINISH AND SERVE

Slice steaks. Toss dressing through salad. Divide steaks, salad and potatoes among plates. Serve with béarnaise sauce.

