



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



4 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
	40g	24g	43g

FROM YOUR BOX

MEDIUM POTATOES	1kg
BROWN ONION	1
THYME	1 packet
GREEN BEANS	1 bag (150g)
CHERRY TOMATOES	1 packet (200g)
BEEF STEAKS	600g

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 **1 tbsp flour** and **1/2 crumbled stock cube** into onions until coated. Pour in **1 1/2 cups water** and simmer for 5 minutes until thickened. Season with **salt and pepper** to taste. Swirl in **2 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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