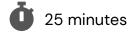




## **Seared Beef Steaks**

### with Hash and Parsley Mayo

Cubed root vegetables and capsicum cooked in the pan until golden, served with tender beef steaks and creamy parsley mayonnaise.





4 servings



# Change the Flavour!

You can coat the steaks in a cajun spice mix or use a selection of dried herbs. Add some crushed garlic to the hash and boost the flavour of the mayonnaise with some lemon zest or chilli flakes!

#### FROM YOUR BOX

MEDIUM POTATOES	800g
CARROTS	2
BROWN ONION	1
RED CAPSICUM	1
PARSLEY	1 packet
AIOLI MAYONNAISE	100g
BEEF STEAKS	600g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, red wine vinegar, dried oregano

#### **KEY UTENSILS**

large frypan, frypan, stick mixer or blender (optional)

#### **NOTES**

If you don't have a stick mixer or blender, you can combine the spices and vinegar with the aioli. Finely chop the parsley and stir through or keep as a garnish.



#### 1. COOK THE VEGGIE HASH

Heat a large frypan with **oil** over mediumhigh heat. Dice potatoes, carrots, onion and capsicum into 1-2cm cubes. Add to pan as you go along with **2 tsp oregano**. Cook, stirring occasionally, for 15 minutes or until tender.



#### 4. FINISH AND SERVE

Slice steaks and place on top of hash. Serve with parsley mayo and garnish with chopped parsley.



#### 2. MAKE THE PARSLEY MAYO

Rinse and roughly chop parsley (set some aside for garnish). Blend together with 1/2 tsp ground coriander, 1/2 tsp oregano, 2 tsp vinegar and aioli using a stick mixer or blender (see notes).



#### 3. COOK THE STEAKS

Coat steaks with 2 tsp ground coriander, oil, salt and pepper. Heat a second frypan over medium-high heat. Cook for 2-4 minutes each side or until cooked to your liking.

