



Product Spotlight: Pear

Pears are best eaten with their skin on; it contains an abundance of beneficial nutrients!



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.



25 minutes



4 servings



Beef

3 February 2023

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
	37g	31g	43g

FROM YOUR BOX

MEDIUM POTATOES	800g
PEAR	1
AVOCADO	1
TOMATO	1
ROCKET LEAVES	1 bag (120g)
BEEF STEAKS	600g
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.



4. FINISH AND SERVE

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



2. PREPARE THE SALAD

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

Whisk together **1 tbsp vinegar, 1 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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

