2. CARAMELISED ONION STEAKS
WITH MASH

Steaks and mash - always a winner! In this recipe we are coating the sliced steaks in caramelised onions and serving alongside a crunchy salad and creamy parmesan mash.

⏳ **20 Minutes**   🍽 **2 Servings**

18 May 2020

FROM YOUR BOX

POTATOES (MEDIUM)	3
BEEF RUMP STEAKS	300g
FESTIVAL LETTUCE	1
TOMATO	1
PEAR	1
CELERY STICK	1
CARAMELISED ONION	1 jar
PARMESAN CHEESE	1/2 packet *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, vinegar (optional)

KEY UTENSILS

saucepan, frypan

NOTES

Peel the potatoes if you like, you can also serve them roasted if you prefer!

Use caramelised onions to taste, any leftovers are delicious in hamburgers or a steak sandwich!

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

1. BOIL THE POTATOES

Roughly chop potatoes and place in a saucepan (see notes). Cover with water, bring to the boil and simmer for 10-15 minutes, or until tender. Drain and return to pan, see step 5.

2. COOK THE STEAKS

Rub steaks with **oil, salt and pepper.** Heat a frypan over high heat and cook beef steaks for 3-4 minutes on each side, or until cooked to your liking. Set aside to rest. Reserve pan.

3. PREPARE THE SALAD

Trim and roughly chop lettuce. Wedge tomato, slice pear and celery stick. Arrange on a serving platter and dress with **olive oil and vinegar** (optional).

4. SLICE & COAT STEAKS

Add caramelised onion (see notes) to reserved frypan and simmer over medium heat for 3-4 minutes. Slice and return steaks to coat.

5. MASH THE POTATOES

Mash potatoes with **olive oil, butter or milk** to desired consistency. Stir in parmesan cheese and season with **salt and pepper** to taste.

6. FINISH AND PLATE

Serve mash with caramelised onion steaks and salad.