





Garlic Parsley Butter Steaks

with Wedges

Beef steaks served with a garlic, parsley and butter pan sauce using Australian-made cultured butter from Pepe Saya, a side of potato wedges and a fresh chop salad.





2 servings



Beef

Switch it up!

Switch the wedges for mashed potato! Add milk, cream, cheese or olive oil to the drained potatoes and mash to desired consistency. Season to taste with salt and pepper.

r serve: PROTEIN TOTAL FAT CARBOHYDRATES

17g

34g

FROM YOUR BOX

MEDIUM POTATOES	3
LEBANESE CUCUMBER	1
ТОМАТО	1
BABY COS LETTUCE	1
BEEF STEAKS	300g
PARSLEY	1 packet
GARLIC CLOVE	1
BUTTER PORTION	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, stock cube of choice, dried thyme

KEY UTENSILS

large frypan, oven tray

NOTES

For picky eaters, leave the salad undressed or serve the dressing on the side.

You can add extra herbs to the sauce such as fresh rosemary or thyme. You could also add sliced mushrooms to the sauce if desired.





1. ROAST THE WEDGES

Set oven to 250°C.

Cut **potatoes** into wedges. Add to a lined oven tray and toss with **oil**, **salt and pepper**. Roast for 25-30 minutes until tender and golden.



2. PREPARE THE SALAD

Whisk to combine 1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper (see notes) in a large bowl. Dice cucumber and tomato. Roughly chop lettuce. Add to bowl as you go and toss with dressing to coat.



3. COOK THE STEAKS

Heat a large frypan over medium-high heat. Coat steaks with oil, 1 tsp thyme, salt and pepper. Add to pan and cook for 2-4 minutes each side until cooked to your liking. Remove from pan to rest and keep pan over heat (see step 4).



4. MAKE THE STEAK SAUCE

Reduce frypan heat to medium. Finely chop parsley leaves (and tender stems). Crush garlic. Add to frypan along with 2 tbsp olive oil and butter. Cook for 2 minutes (see notes). Crumble in stock cube and pour in 3/4 cup water. Bring to a simmer and cook for 2 minutes.



5. ADD STEAKS TO SAUCE

Add **steaks** back to pan and baste with sauce. Remove from heat.



6. FINISH AND SERVE

Divide wedges and salad among plates. Serve with steaks. Spoon over remaining sauce from pan.

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 0448 042 515 or send an email to hello@dinnertwist.com.au



