



### 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

## 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 |
|------------|---------|-----------|---------------|
|            | 33g     | 20g       | 50g           |

## FROM YOUR BOX

|                 |          |
|-----------------|----------|
| MEDIUM POTATOES | 1kg      |
| BROWN ONION     | 1        |
| THYME           | 1 packet |
| *SNOW PEAS      | 150g     |
| CHERRY TOMATOES | 200g     |
| BEEF STEAKS     | 600g     |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, plain flour, butter (see notes), 1 stock cube (of choice)

## KEY UTENSILS

oven tray, 2 frypans

## NOTES

\* The broccolini in this dish is unavailable and has been replaced with snow peas.

You can replace butter with olive oil for a dairy-free option.

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 **\*snow peas** and halve **tomatoes**. Add to a second frypan over medium heat with **2 tsp butter** and **1–2 tbsp water**. 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.



### 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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