



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

Searred beef steaks, sliced and tossed in a silky butter sauce with thyme, served with golden potato cubes and sautéed vegetables.

 30 minutes

 4/6 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 |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 43g | 14g | 39g/44g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|-----------------|-----------|-------------|
| MEDIUM POTATOES | 1kg | 1.5kg |
| BROWN ONION | 1 | 2 |
| THYME | 1 packet | 1 packet |
| BROCCOLINI | 2 bunches | 2 bunches |
| CHERRY TOMATOES | 200g | 2 x 200g |
| BEEF STEAKS | 600g | 600g + 300g |

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

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 **1–2 tbsp thyme leaves**. Cook for 8 minutes until softened.

6P – heat a frypan over medium–high heat with **2 tbsp oil** and **2 tbsp butter**.



3. COOK THE VEGETABLES

Meanwhile, trim **broccolini** 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 thick. Season with **salt and pepper**. Swirl in **2–3 tbsp butter** until melted. Reduce heat to low.

6P – stir **1 1/2 tbsp flour** and **1 crumbled stock cube** into onions. Pour in **2 cups water**.



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**. Sprinkle with extra **thyme** to taste.



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