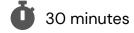




Seared Steaks

with Béarnaise Sauce and Crispy Potato Rounds

A simple family dinner. Seared steaks served with classic Béarnaise sauce accompanied by new season asparagus and salad.





2 servings



Mash it up!

Skip the oven and boil and mash your potatoes instead. Cut the asparagus into 3cm pieces and toss through salad after cooking.

FROM YOUR BOX

POTATOES	3
ТОМАТО	1
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1 bag (60g)
ASPARAGUS	1 bunch
BEEF STEAKS	300g
BÉARNAISE SAUCE	1 tub (100g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, ground cumin, vinegar of choice

KEY UTENSILS

frypan, oven tray

NOTES

Add some dried tarragon, rosemary or garlic to the steaks if you would like a little more flavour.

You can add the asparagus into the salad if preferred.

No beef option - beef steaks are replaced with chicken schnitzels. Increase cooking time to 5-6 minutes on each side or until cooked through.



1. COOK THE POTATOES

Set oven to 220°C.

Slice potatoes into rounds and place on a lined oven tray. Toss with oil, 1/2 tsp cumin, salt and pepper. Cook for 20-25 minutes until golden and crunchy.



2. MAKE THE SALAD

Dice tomato and slice cucumber into crescents. Toss together in a bowl with mesclun leaves. Dress with 2 tsp olive oil, 1 tsp vinegar, salt and pepper.



3. COOK THE ASPARAGUS

Heat a frypan over medium-high heat with 1/2 tbsp oil/butter. Halve and add asparagus. Cook for 2-3 minutes until just tender. Remove from pan, keep pan over heat.



4. COOK THE STEAKS

Rub steaks with oil, salt and pepper (see notes). Add to pan and cook for 2-4 minutes each side or until cooked to your liking.



5. FINISH AND SERVE

Serve steaks topped with asparagus (see notes) and Béarnaise sauce with potatoes and salad on the side.



