

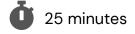




## **Beef Steaks**

### with Sun-Dried Tomato Pesto Potatoes

Grass-fed beef steaks served with boiled potatoes tossed in a homemade sun-dried tomato pesto and fresh, peppery rocket leaves.





2 servings



Beef

# Switch it up!

Roast the potatoes and serve them with the pesto instead, or skip making the pesto and slice the tomatoes and toss through rocket leaves.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

50g 46g

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#### **FROM YOUR BOX**

MEDIUM POTATOES	3
LEMON	1
ALMONDS	40g
SUN-DRIED TOMATOES	1 packet
GREEN CAPSICUM	1
ROCKET LEAVES	1 bag (60g)
BEEF STEAKS	300g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, honey

#### **KEY UTENSILS**

large frypan, large saucepan, small blender or stick mixer (see notes)

#### **NOTES**

If you don't have a blender or stick mixer, you can finely chop the sun-dried tomatoes and almonds and mix them with the remaining ingredients to make a loose pesto. Alternatively, chop almonds and tomatoes, toss with rocket leaves and capsicum. Use remaining ingredients to make a dressing.



#### 1. BOIL THE POTATOES

Roughly chop potatoes and place in a saucepan, cover with water. Bring to a boil and simmer for 10 minutes, or until tender. Drain and return to saucepan.



#### 2. MAKE THE PESTO

Zest lemon to yield 1 tbsp. Add to a small blender along with juice from 1/2 lemon (wedge remaining), almonds, sun-dried tomatoes, 1/4 cup olive oil, 1/2 tsp oregano, 1/2 tsp honey, 2 tbsp water, salt and pepper. Blend to pesto consistency.



#### 3. PREPARE FRESH ELEMENTS

Thinly slice capsicum. Set aside with rocket leaves.



#### 4. COOK THE STEAK

Heat a frypan over medium-high heat. Coat steak in **oil**, **salt and pepper**. Add steaks to pan and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



#### **5. TOSS THE POTATOES**

Add pesto to saucepan with boiled potatoes. Toss to coat potatoes in pesto. Season to taste with **salt and pepper**.



#### 6. FINISH AND SERVE

Slice steaks (optional). Divide amongst plates and serve with tossed potatoes and fresh elements.

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