

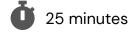




Dill Ranch Beef Steaks

and Sautéed Veg on Roasted Potatoes

Beef steaks cooked in lemon pepper and vegetables sautéed with smoked paprika served over roasted potatoes with a dill ranch sauce drizzled over.





4 servings



Bulk it up!

If you want extra servings from this meal, serve the sautéed vegetables, steak and dill ranch sauce in long bread rolls. Cut the potatoes and some carrots into chips, roast and serve as a side.

TOTAL FAT CARBOHYDRATES

40g

51g

FROM YOUR BOX

MEDIUM POTATOES	1 bag (800g)
BROWN ONION	1
YELLOW CAPSICUM	1
GREEN CAPSICUM	1
SLICED MUSHROOMS	1 punnet (200g)
BEEF STEAKS	600g
CREAMY FRENCH DRESSING	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, lemon pepper, dried dill, white wine vinegar

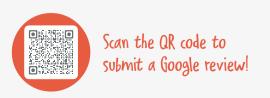
KEY UTENSILS

2 frypans, oven tray

NOTES

Many lemon pepper seasoning mixes contain salt and pepper, so you don't need to season the steaks with salt and pepper.

You can add minced garlic and finely chopped parsley to your ranch sauce for extra flavour.





1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice potatoes. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 15–20 minutes until golden and tender.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice onion and capsicums. Add to pan as you go along with mushrooms and **1 tbsp smoked paprika**. Sauté for 6-8 minutes until vegetables are tender.



3. COOK THE STEAKS

Heat a second frypan over medium-high heat. Coat steaks in **oil** and **1 tbsp lemon pepper** (see notes). Add to pan and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



4. MAKE THE RANCH SAUCE

Add creamy dressing to a bowl along with 1 tsp dill, 2 tsp water and 2 tsp vinegar (see notes). Stir to combine.



5. FINISH AND SERVE

Slice the steaks.

Arrange roasted potatoes on a large platter. Top with sautéed vegetables and slices of steak. Drizzle over ranch sauce. Serve tableside.





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