



Product Spotlight: Peppercorns

While black, white and green peppercorns all come from the same plant, pink peppercorns come from a different plant and despite the name is not considered a 'true' peppercorn. They have a sweet and mildly spicy flavour.



Creamy Peppercorn Steak

Juicy beef steaks served with golden wedges and a creamy peppercorn, garlic and tarragon sauce alongside a simple rocket and pear salad.



30 minutes



2 servings



Beef

Change the flavour!

If you're not a fan of the peppercorn flavour you can add onion, garlic, stock and dried tarragon to the creamy sauce instead! Some sautéed mushrooms can also be delicious in there.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	38g	45g

FROM YOUR BOX

MEDIUM POTATOES	3
GREEN PEAR	1
LEBANESE CUCUMBER	1
ROCKET LEAVES	1 bag
BEEF STEAKS	300g
PEPPERCORN MIX	1 packet
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil + butter for cooking, olive oil, salt, pepper, soy sauce, white wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

Add some fresh chopped or dried rosemary to the potatoes to roast!

Peppercorn mix ingredients: mixed peppercorns, ground garlic, dried tarragon



1. ROAST THE POTATOES

Set oven to 225°C.

Wedge **potatoes** (or cut into chips!). Toss on a lined oven tray with **oil, salt and pepper** (see notes). Roast in oven for 25–30 minutes until golden and crispy.



4. MAKE THE SAUCE

Add **1 tbsp butter** to pan with **peppercorn mix**. Cook, stirring, for 1 minute or until fragrant. Stir in **sour cream, 1 tbsp soy sauce and 1 tbsp water**. Simmer for 2–3 minutes. Take off heat.



2. PREPARE THE SALAD

Thinly slice **pear** and **cucumber**. Toss together with **rocket leaves**. Set aside.



5. DRESS THE SALAD

Whisk together **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper**. Toss with prepared salad.



3. COOK THE STEAKS

Heat a frypan over medium–high heat with **oil**. Season **steaks** with salt and pepper. Cook for 2–4 minutes on each side or until cooked to your liking. Set aside to rest and keep pan over medium heat.



6. FINISH AND SERVE

Slice **steaks** (add any resting juices to the peppercorn sauce).

Divide **steak, potatoes** and salad among plates. Spoon over **peppercorn sauce** to taste.



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