

# MARLEY SPOON



## Steak and Frites

with Cheat's Bearnaise and Greens



20-30min



2 Portions

Steak, chips and bearnaise sauce; is there a more classic (or delicious) combination than this one? Making bearnaise the traditional way can be slow and tedious for the uninitiated however, so we've concocted a 'cheat's' version. Shedding the hassle but none of the flavour, it's made in just moments and goes perfectly with juicy steak, steamed greens and crisp, golden, oven-baked fries.

## What we send

- aioli <sup>3</sup>
- green beans
- beef rump steak
- broccoli
- desiree potatoes
- tarragon

## What you'll require

- olive oil
- sea salt and pepper
- water
- white vinegar

## Utensils

- baking paper
- foil
- medium frypan with lid
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

It's important to have your pan very hot before adding the beef otherwise it may stew slightly and become tough. The steak cooking time may vary, according to the thickness of the steaks.

## Allergens

Egg (3). May contain traces of other allergens.

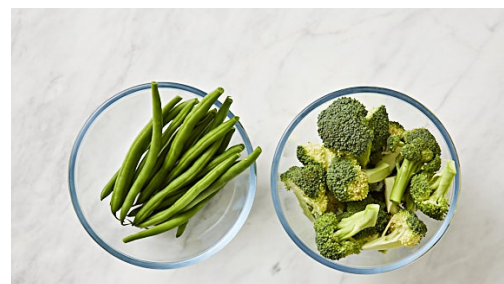
## Nutrition per serving

Energy 570kcal, Fat 35.7g, Carbs 16.8g, Proteins 40.5g



### 1. Roast potatoes

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **potatoes** into 1cm wedges then put in a bowl with **1 tbs olive oil**. Season with **salt and pepper**, toss to coat the potatoes then put on the tray in a single layer. Bake for 20 mins or until crisp and golden.



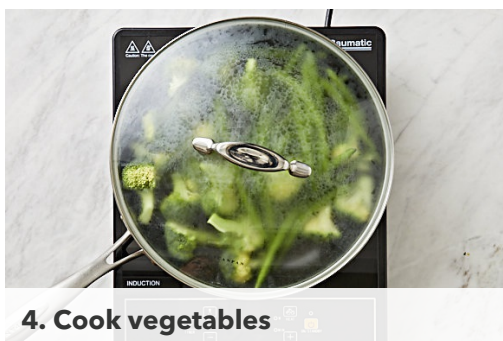
### 2. Prepare vegetables

While the potatoes are cooking, trim the **beans**. Cut the **broccoli** into 2cm florets.



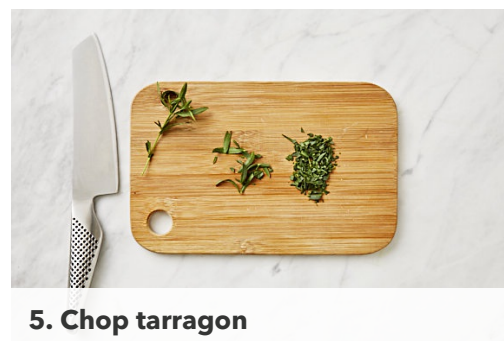
### 3. Cook steaks

Season the **steaks** with **salt and pepper**. Heat **2 tsp olive oil** in a medium frypan over high heat. Cook the beef for 3 mins on each side for medium rare, or until cooked to your liking (see cooking tip). Remove to a plate, reserving the pan, and cover steaks loosely with foil to keep warm.



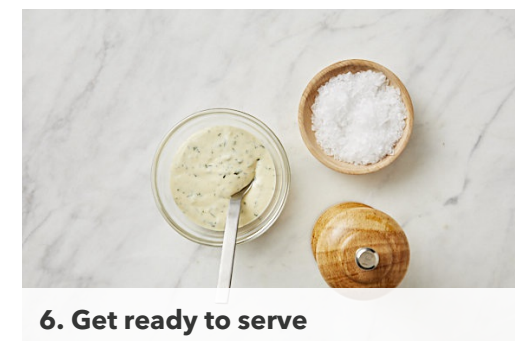
### 4. Cook vegetables

Add the **beans** and **broccoli** to the reserved pan with **2 tbs water**, season with **salt** then cover and cook over medium-high heat for 4-5 mins until the vegetables are bright green and just tender.



### 5. Chop tarragon

Meanwhile, pick half the **tarragon leaves** and finely chop, discarding the stems (the remaining tarragon won't be used in this dish).



### 6. Get ready to serve

Combine the **aioli**, **chopped tarragon** and **½ tsp white wine vinegar** in a small bowl and season with **salt and pepper**. Cut the **steaks** into 1cm thick slices against the grain. Divide the steak, **greens** and **frites** among plates, and serve with the **cheat's bearnaise sauce**.