

HEALTHY

Steak and Garlic Potatoes

with Porcini Butter and Green Salad



20-30min



4 Portions

Give your steak night a boost with a double-whammy of umami. Let a dollop of porcini and herb butter melt into pan-seared rump steak, mop up the juices with golden, garlicky sautéed potatoes and compliment the richness with a light and fresh summer salad.

What we send

- parsley
- 2 garlic cloves

What you'll require

- butter ⁷
- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- sugar
- wholegrain mustard ¹⁷

Utensils

- medium frypan
- medium saucepan

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.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

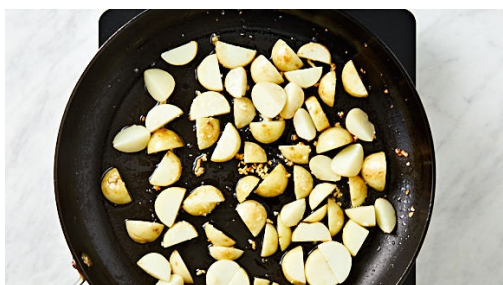
Nutrition per serving

Energy 590kcal, Fat 40.8g, Carbs 19.8g, Proteins 34.9g



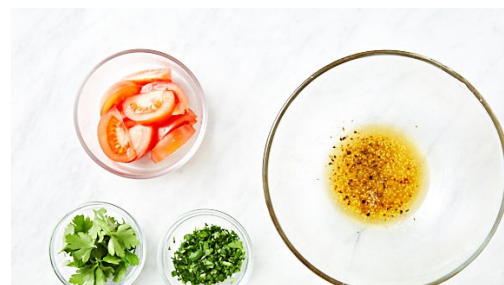
1. Cook potatoes

Remove **50g butter** from the fridge to soften. Cut the **unpeeled potatoes** into 2cm chunks. Put in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10 mins or until tender. Drain well.



4. Cook potatoes

While steaks are cooking, heat **2 tbs olive oil** in a large frypan over high heat. Cook the **potatoes**, stirring occasionally, for 4-5 mins until golden. Add the **garlic**, season with **salt** and cook, stirring, for a further 1 min or until fragrant.



2. Prepare ingredients

Meanwhile, crush or finely chop the **garlic**. Finely chop **one third of the parsley**, including stems. Pick the leaves from the **remaining parsley**, discarding stems. Cut **tomatoes** into thin wedges. Put **2 tbs extra virgin olive oil**, **1 tbs red wine vinegar**, **1 tsp mustard** and a **large pinch of sugar** in a large bowl, season with **salt and pepper** and whisk to combine.



5. Make porcini butter

Meanwhile, put the **butter**, **chopped parsley** and **porcini powder** in a small bowl, season with **salt and pepper** and mash with the back of a spoon until well combined. Spoon the **porcini butter** over the resting **steak**.



3. Cook steak

Heat a medium frypan over high heat until hot (see cooking tip). Drizzle **1 tbs olive oil** over the **steak** and season with **salt and pepper**. Reduce the heat to medium-high and cook the steak for 3-4 mins each side, for medium-rare, or until cooked to your liking. Transfer to a warm plate and rest for 3 mins.



6. Get ready to serve

Add the **tomatoes**, **salad leaves** and **parsley leaves** to the **dressing** and toss to coat. Divide the **potatoes**, **steak** and **salad** among plates. Drizzle the **steak** with any **resting juices** to serve.