

MARLEY SPOON



Seared Steak and Colcannon

with Roasted Carrots



30-40min



2 Portions

Colcannon is basically mashed potato on steroids, and you can thank the Irish for the idea. As well as the potato, traditionally there's wilted cabbage in the mix; we've added thyme and spring onion too for extra oomph and goodness. Served with honey-roasted carrots and seared, lean rump steak (remember to have your pan scorchingly hot when you cook this), it's the ultimate comfort food meal.

What we send

What you'll require

- butter ⁷
- Australian honey
- milk ⁷
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- medium frypan
- medium saucepan
- oven tray
- potato masher

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

Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced. ~It's important to have your pan very hot before adding the steaks, otherwise it may stew slightly and become tough.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 560kcal, Fat 22.5g, Carbs 43.9g, Proteins 39.6g



1. Prepare vegetables

Read through the recipe. Heat the oven to 200C (see cooking tip). Line an oven tray with baking paper. Peel the **potatoes** and cut into 2cm chunks. Coarsely chop the **cabbage**. Pick the **thyme** leaves. Peel the **carrots** and cut into 1.5cm-thick batons.



2. Roast carrots

Put the **carrot** on the lined tray. Add **2 tsp olive oil**, **1 tsp honey**, season with **salt and pepper** and toss to combine. Roast for 15 mins or until golden and tender.



3. Make mash

Meanwhile, put the **potato** in a medium saucepan of cold salted water and bring to the boil. Cook for 10 mins or until the potato is tender. Drain well, then return to the pan. Add **2 tbs milk** and mash until smooth.



4. Cook steaks

While the potato is cooking, heat **1 tsp olive oil** in a medium frypan over high heat (see cooking tip). Season the **steaks** with **salt and pepper**. Reduce the heat to medium-high and cook the steaks for 3-4 mins each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 4 mins. Reserve the pan.



5. Prepare aromatics

Meanwhile, finely chop the **thyme** leaves. Thinly slice the **spring onion**. Melt **20g butter** and **1 tsp olive oil** in the reserved pan over medium heat. Add the **cabbage**, **thyme leaves** and **2 tbs water**. Cook, covered, for 6-8 mins until the cabbage is wilted.



6. Finish colcannon

Add the **spring onion** and **capers** into the **cabbage mixture** and cook, uncovered, stirring for 1 min. Add the cabbage mixture to the **potato mash** and stir well to combine. Taste, then season with **salt and pepper**. Divide **steak**, **colcannon** and **carrots** among plates.