







More Than Food
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Seared Steak with Crispy Potato Salad

Smoke point: Searing is an essential cooking technique in the Top Chef cooking series. It is the secret to the perfect steak. First you must bring the steak to room temperature, then heat a splash of oil in a frying pan over a very high heat. Next add the steak, allowing it to brown quickly on the outside to retain its juiciness. Finally, remove from the pan and leave to rest for 5 mins so those juices settle evenly. One final word of advice – be sure to use an oil with a high smoke point when frying such as coconut, vegetable or sesame oil.



35 mins



2 of your
5 a day



healthy



Flank Steak (2)



Red Potato (1 pack)



Cherry Plum Tomatoes
(1 punnet)



Green Beans (1 pack)



Basil (1 bunch)



Green Olives (30g)



Garlic Clove (1)



Balsamic Vinegar
(1 tbsp)


2 PEOPLE INGREDIENTS

- Flank Steak **2**
- Red Potato, chopped **1 pack**
- Cherry Plum Tomatoes, halved **1 punnet**
- Green Beans, chopped **1 pack**
- Basil, chopped **1 bunch**
- Green Olives, chopped **30g**
- Garlic Clove, grated **1**
- Balsamic Vinegar **1 tbsp**

Allergens: Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	523 kcal / 2202 kJ	19 g	4 g	47 g	5 g	44 g	1 g
Per 100g	115 kcal / 482 kJ	4 g	1 g	10 g	1 g	10 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

You should always use tongs when handling a hot steak. Reason? A fork pierces the steak and causes the meat to lose juice and flavour!

2



1 Remove the **steak** from your fridge and allow it to come to room temperature. Chop the **potato** into 1cm chunks (no need to peel!). Place in a medium-sized pot with a generous pinch of **salt** and cover with water. Bring to the boil on high heat, then lower the heat and cook gently for 15-20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.* Drain and set aside.

5



2 Meanwhile, halve the **cherry plum tomatoes**. Trim the tops off the **green beans** and keep to one side. Chop the **basil leaves** and the **olives**. Peel and grate the **garlic** (or use a garlic press if you have one).

6



3 Heat a glug of **oil** in a large frying pan over medium-high heat. Add your **green beans** and cook, tossing for 4-6 mins, until soft. **Tip:** *Add a splash of water every now and then to help the green beans steam and cook.* Season with **salt** and **pepper**. Add your **tomatoes** to the pan and cook for another 3 mins. Transfer your **veggies** to a bowl.

8



4 Wipe the pan clean and then pop back on high heat ready to cook your steak. Season your **steak** with a generous pinch of **salt** and a good grind of **black pepper**.

5 Add a glug of **oil** to the pan and when the oil is very hot, add your **steak** and cook for 3-4 mins on each side, until nicely browned. **Tip:** *The steak will be medium-rare at this point, so if you want it cooked to medium, cook for 2 mins longer on each side.* Set aside to rest for 5 mins.

6 While your steak rests, make your crispy potato salad. Heat a glug of **oil** in the same pan you cooked your steak in, over medium-high heat. Add your **potato** to the pan and sauté for 4-5 mins, until golden-brown and slightly crispy. Add your **garlic** and **basil leaves** and cook for 30 seconds more.

7 Season your **potato** with **salt** and **pepper**. Stir in your **olives**, **veggies** and **balsamic vinegar** and cook for another minute, until warmed through.

8 Slice your **steak** against the grain and serve alongside your crispy **potato salad**. Drizzle over any juices from your pan. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!