







More Than Food
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Steak Tagliata with Roasted Garlic and Sweet Potato Chips

Like fish, perfectly cooking a piece of steak can be a little intimidating if you haven't had much practice. Our top tips are: 1) take your steak out of the fridge an hour before you plan to cook it, so that it comes nearer to room temperature 2) get your pan really hot before cooking and 3) once you've cooked it, leave it to rest for a few mins before slicing. Easy!



30 mins



gluten free



lactose free



healthy



family box



spicy



Sweet Potato (2)



Cherry Tomatoes
(2 punnets)



Garlic Bulb
(1)



Rosemary
(4 sprigs)



Chilli Flakes
(½ tsp)



Dried Oregano
(1 tsp)



Flank Steak
(4)



Baby Leaf Salad
(2 bags)

Ingredients

4 PEOPLE ALLERGENS

Sweet Potato, sliced	2
Cherry Tomatoes, halved	2 punnets
Garlic Bulb	1
Rosemary	4 sprigs
Chilli Flakes	½ tsp
Dried Oregano	1 tsp
Flank Steak	4
Baby Leaf Salad	2 bags

🌱 Our fruit and veggies may need a little wash before using

Did you know...

Dried herbs and spices are generally more potent than fresh, which means you'll need less (usually a third). So go easy on the chilli flakes and oregano!

Nutrition per serving: Calories: 537 kcal | Protein: 39 g | Carbs: 62 g | Fat: 16 g | Saturated Fat: 6 g

2



1 Pre-heat your oven to 210 degrees. Scrub (but don't peel) the **sweet potatoes** under some water. Slice them in half lengthways. Slice each half lengthways into three pieces (or four pieces if it's a big 'un). Chop the **cherry tomatoes** in half. Break the garlic bulb into cloves.

2 Coat the **sweet potato** and **garlic** (leave the cloves whole and skin on!) in a 2 tbsp of **olive oil** and a good pinch of **salt** and **black pepper**. Place on a baking tray with the **rosemary** leaves scattered over. Put in your oven on the top shelf for 25 mins.

3



3 Mix 4 tbsp of the best quality **olive oil** you can get your hands on with the **chilli flakes**, **dried oregano**, a pinch of **salt** and a few grinds of **black pepper**. Pour this marinade onto a baking tray big enough to hold the **steak** and **tomatoes**.

4 Heat a non-stick frying pan on your hob until it's super hot. Add in a splash of **olive oil** and when it's almost smoking, fry the **steak**. Cook for 2 mins on each side without touching it in between. **Tip:** *We like our steak medium, but if you want a more well done steak, cook it for a little longer.*

5



5 Once cooked, lay the **steak** in the marinade. Let it marinate for at least 3 mins on each side. Meanwhile, add all of your **cherry tomatoes** into the marinade as well, flat-side down. **Tip:** *Cover your tray with some tinfoil to keep the steak warm.*

6 Your potatoes should be done by now, so take them out of your oven. **Tip:** *Your roasted sweet potatoes should be crispy on the outside and soft in the middle. Squeeze the **garlic** cloves from their skin back in with your **sweet potato**. They should be soft and slightly caramelised. **Tip:** *If you're not a huge garlic fan, you can leave the garlic out.**

7



7 Remove your **steak** from its marinade and slice it into 1cm thick slices on the diagonal. **Tip:** *Reserve the marinade as you can pour this over the finished dish.*

8 Now it's time to plate up! On each plate, mix the **salad leaves** with your marinated **cherry tomatoes**. Top with your **steak** slices, and add the roasted **sweet potatoes** (and **garlic**, if you like) on the side and get stuck in!

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