







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



spicy



lactose free



healthy



gluten free



Sweet Potato (2)



Cherry Tomatoes (1 punnet)



Garlic Bulb (½)



Rosemary (2 sprigs)



Extra Virgin Olive Oil (2 tbsp)



Chilli Flakes (¼ tsp)



Dried Oregano (½ tsp)



Flank Steak (2)




Baby Leaf Salad (1 bag)

2 PEOPLE INGREDIENTS

- Sweet Potato, sliced
- Cherry Tomatoes, halved
- Garlic Bulb
- Rosemary
- Extra Virgin Olive Oil

- 2
- 1 punnet
- ½
- 2 sprigs
- 2 tbsp

- Chilli Flakes ¼ tsp
- Dried Oregano ½ tsp
- Flank Steak 2
- Baby Leaf Salad 1 bag

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

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!

Nutritional Value per total cooked weight per person

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	588 kcal / 2446 kJ	36 g	7 g	33 g	13 g	33 g	0 g



1 Pre-heat your oven to 210 degrees. Scrub (but don't peel) the **sweet potato** under some water. Slice it 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.



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



3 Mix the best quality **olive oil** you can get your hands on (how much is in your ingredient list!) with the **chilli flakes**, **dried oregano**, a pinch of **salt** and a few grinds of **black pepper**. Pour this marinade into a dish big enough to hold your 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 **flank 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 Once cooked, lay your **flank 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 dish 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** from its skin back in with your **sweet potato**. These should be soft and slightly caramelised. **Tip:** *If you're not a huge garlic fan, you can leave the garlic out.**

7 Remove your **steak** from its marinade and slice it into 1cm thick diagonal slices. **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 your 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!