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## Steak Tagliata with Rosemary Roasted Potatoes and Peppercorn Sauce

If we had a penny for every time we saw a badly cooked steak we'd probably be millionaires. There are certain cardinal tips you have to follow for a perfect result: 1) Allow your steak to come up to room temperature before you cook it 2) Get your frying pan super hot before your steak goes in and 3) Make sure you rest the steak on a warm plate for a few mins after cooking before you cut into it. Right, now you're ready!

 40 mins

 gluten free



Flank Steak (2)



New Potatoes (1 pack)



Black Peppercorns  
( $\frac{3}{4}$  tsp)



Rosemary  
(2 sprigs)



Echalion Shallot  
( $\frac{1}{2}$ )



Broccoli (1)



Beef Stock Pot  
( $\frac{1}{2}$ )



Crème Fraîche  
( $\frac{3}{4}$  pot)

## Ingredients

	2 PEOPLE	ALLERGENS
Flank Steak	2	
New Potatoes, chopped	1 pack	
Black Peppercorns	¾ tsp	
Rosemary, chopped	2 sprigs	
Echalion Shallot, chopped	½	
Broccoli, florets	1	
Beef Stock Pot	½	
Crème Fraîche	¾ pot	Milk

🥬 Our fruit and veggies are super fresh, so they need a little wash before cooking!

### Did you know...

Ground peppercorns retain their freshness for up to 3 months!

**Nutrition per serving:** Calories 600 kcal | Protein: 47 g | Carbs: 45 g | Fat: 27 g | Saturated Fat: 14 g

1



**1** First you need to take the **steak** out of your fridge to bring it up to room temperature. Pre-heat your oven to 220 degrees and boil 150ml of **water** for later. Chop the **potatoes** into small 2cm cubes. Lightly crush the **peppercorns** in a pestle & mortar. **Tip:** *If you don't have a pestle and mortar put them between two sheets of foil/clingfilm and give them a little whack with a rolling pin.*

2



**2** Remove the **rosemary** leaves from their stalks and very finely chop. Put the **potatoes** on a baking tray, sprinkle over the chopped **rosemary** leaves and drizzle over 1½ tbsp of **olive oil**. Sprinkle over ¼ tsp of **salt** and a good grind of **pepper**. Give the baking tray a good shake so the **potatoes** are evenly coated and cook on the top shelf of your oven for 30 mins until crispy (shake occasionally).

4



**3** Peel and very finely chop the **shallot** and cut the **broccoli** into florets.

**4** Put your **broccoli** florets on a baking tray, add 1 tbsp of **olive oil**, ¼ tsp of **salt** and a good grind of **pepper** and pop in your oven for 15 mins until slightly crispy.

6



**5** Once your **steak** has come to room temperature, season it with a pinch of **salt**. Heat a large frying pan on high heat with 1 tbsp of **oil**. Once almost smoking hot, lay the **steak** into the pan and press it down. **Tip:** *Lay the steak away from your body to stop oil spitting at you.*

**6** Cook for 3 mins each side for medium. Only turn the **steak** once and rest on a warm plate once cooked. **Tip:** *Cook for a little longer if you like your steak well done.*

**7** Once the **steak** is removed from the pan, turn the heat to medium-low and add 2 tsp of **olive oil** to the pan along with the chopped **shallot**. After cooking for 2 mins, add the **peppercorns**. One minute later, add the 150ml of boiled **water** and stir in the **beef stock pot**.

**8** Bubble away for a few mins and once your sauce has reduced by half, take off the heat and stir in the **crème fraîche**. **Tip:** *For a decadent touch, add 1 tsp of butter at this point (if you have any).* Slice your steak diagonally into 1cm strips and serve everything together with your homemade **peppercorn** sauce.

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