



More Than Food
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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.
 - 3) Make sure you rest your steak on a warm plate for a few mins after cooking before you cut into it.
- Right, now you're ready!



40 mins



3 of your
5 a day



Flank Steak (2)



Water (150ml)



New Potatoes (1 pack)



Black Peppercorns
($\frac{1}{4}$ tsp)



Rosemary
($\frac{1}{2}$ bunch)



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



Broccoli (1)



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



Crème Fraîche
(1 pot)

2 PEOPLE INGREDIENTS

- Flank Steak
- Water
- New Potatoes, chopped
- Black Peppercorns
- Rosemary, chopped

32
150ml
1 pack
¾ tsp
½ bunch

- Echalion Shallot, chopped ½
- Broccoli, florets 1
- Beef Stock Pot ½
- Crème Fraîche 1 pot

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

Did you know...
Ground peppercorns retain their freshness for up to three months!!

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	652 kcal / 2745 kJ	31 g	15 g	42 g	8 g	50 g	1 g
Per 100g	120 kcal / 505 kJ	6 g	3 g	8 g	2 g	9 g	0 g

Beef Stock Pot: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.



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 a kettle of **water** (amount specified in the ingredient list). Chop the **potatoes** into small 2cm cubes, (no need to peel). Lightly crush the **peppercorns** in a pestle and mortar. **Tip:** *If you don't have a pestle and mortar put them between two sheets of tinfoil and give them a little whack with a rolling pin.*



2 Remove the **rosemary leaves** from their stalks and chop very finely. Put your **potatoes** on a baking tray, sprinkle over your **rosemary leaves** and drizzle over some **olive oil**. Sprinkle over a pinch of **salt** and a good grind of **black pepper**. Give the baking tray a good shake so your **potatoes** are evenly coated and cook on the top shelf of your oven for 30 mins until crispy (give the tray another shake halfway through cooking).



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

4 Put your **broccoli** florets on another baking tray, add a splash of **olive oil**, a pinch of **salt** and a good grind of **black pepper** and pop in your oven on the middle shelf for 10 mins until slightly crispy.



5 Once your **steak** is at room temperature, season with a pinch of **salt**. Heat a large frying pan on high heat with a splash of **oil**. When almost smoking, lay your **steak** in 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 on each side for medium cooked. Only turn your **steak** once and rest on a warm plate when ready. **Tip:** *Cook for a little longer if you like your steak well done.*

7 Once your **steak** is removed from the pan, turn the heat to medium-low and add another small drizzle of **olive oil** along with your **shallot**. Cook for 2 mins then add your **peppercorns**. After another minute, add your **boiling water** and stir in the **beef stock pot**.

8 Bubble away for a few mins until your **sauce** has reduced by half, take off the heat and stir in the **crème fraîche**, this is your **peppercorn sauce.** **Tip:** *For a decadent touch, add a small knob of butter at this point (if you have some).* Slice your **steak** diagonally into 1cm strips.

9 Serve your **steak** with a drizzle of **peppercorn sauce** and your crispy **roasted rosemary potatoes** and **broccoli** on the side.

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