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Balsamic Steak with Red Cabbage and Potato Wedges

In Mimi's house, steak is worth its weight in gold along with horse racing and chocolate. The thing is her whole family loves their steak super rare, or blue as the French say. So much so, that her mum doesn't even really know how to cook a steak well-done! But don't worry, however you like your steak cooked, this recipe will taste sensational.

 35 mins

 lactose free



Soy Sauce (1½ tbsp)



Balsamic Vinegar (½ tbsp)



Flank Steak (2)



Potato (1 pack)



Rosemary (2 tbsp)



Onion (1)



Red Cabbage (1)



Mustard Seeds (1 tsp)



White Wine Vinegar (2 tbsp)



Redcurrant Jelly (2 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Soy Sauce	1½ tbsp	Soya, Gluten
Balsamic Vinegar	½ tbsp	Sulphites
Flank Steak	2	
Potato, chopped	1 pack	
Rosemary, chopped	2 tbsp	
Onion, sliced	1	
Red Cabbage, sliced	1	
Mustard Seeds	1 tsp	Mustard
White Wine Vinegar	2 tbsp	Sulphites
Redcurrant Jelly	2 tbsp	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Red cabbage takes longer to cook than green cabbage.

Nutrition per serving: Calories: 537 kcal | Protein: 42 g | Carbs: 62 g | Fat: 15 g | Saturated Fat: 6 g

2



1 Pre-heat your oven to 200 degrees. Mix the **soy sauce** and **balsamic vinegar** together in a bowl. Add the **steaks** to the bowl and make sure they have a good covering of the marinade. Cover and leave until it's time to cook them. **Tip:** *If you have longer to marinate your steaks that is even better but don't worry if not!*

3



2 Chop the **potatoes** into wedge shaped pieces roughly the width of your index finger. Pull the **rosemary** leaves off their stalks and chop the leaves finely. Put the **potatoes** on a baking tray, drizzle with 1½ tbsp of **olive oil**, add ¼ tsp of **salt**, a good grind of **pepper** and the **rosemary**. Give your tray a good shake to make sure the **potatoes** have a thorough coating of **oil** and pop the tray in your oven on the top shelf for 30 mins, until your **potatoes** are brown and crispy.

3 Cut the **onion** in half through the root, peel and slice it thinly into half moon shapes. Cut out the tough rooty bit of the **red cabbage** and slice a third of it into roughly ½cm slices.

4



4 Add 1 tbsp of **oil** to a saucepan and put it on medium heat. Add the **onion** and cook for 5 mins until soft. Pop the **mustard seeds** in the pan and when they start to pop (after about 20 seconds or so), add the **red cabbage** and cook for a further 5 mins.

5 When your **red cabbage** has softened, add the **white wine vinegar**, ½ tbsp of **sugar** (if you have some), ¼ tsp of **salt** and a good grind of **pepper**. Stir everything together, put a lid on the pan and cook for 5 mins on low heat. After the 5 mins are up, take the lid off the pan and cook uncovered for an additional 5 mins.

6



6 Add 1 tbsp of **oil** to a frying pan on medium heat and when the pan is hot, add the **steaks** (leave the excess marinade in your bowl, you need to use this later!). Cook the **steaks** for 3-4 mins on each side and then remove to a board to rest for 3 mins. **Tip:** *We like our steak medium but if you want it more well done, simply cook it for 2 more mins on each side.*

7 Add the marinade you left behind to the pan, along with the **redcurrant jelly** and 100ml of **water**. **Tip:** *Use a spoon to break up the jelly so it melts into the sauce.* When the sauce has bubbled for 2-3 mins and it's lovely and smooth, take it off the heat.

8 Cut your **steak** into 2cm slices and serve it with a drizzle of sauce, your **potato wedges** and a good spoonful of **red cabbage**. Voila!

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