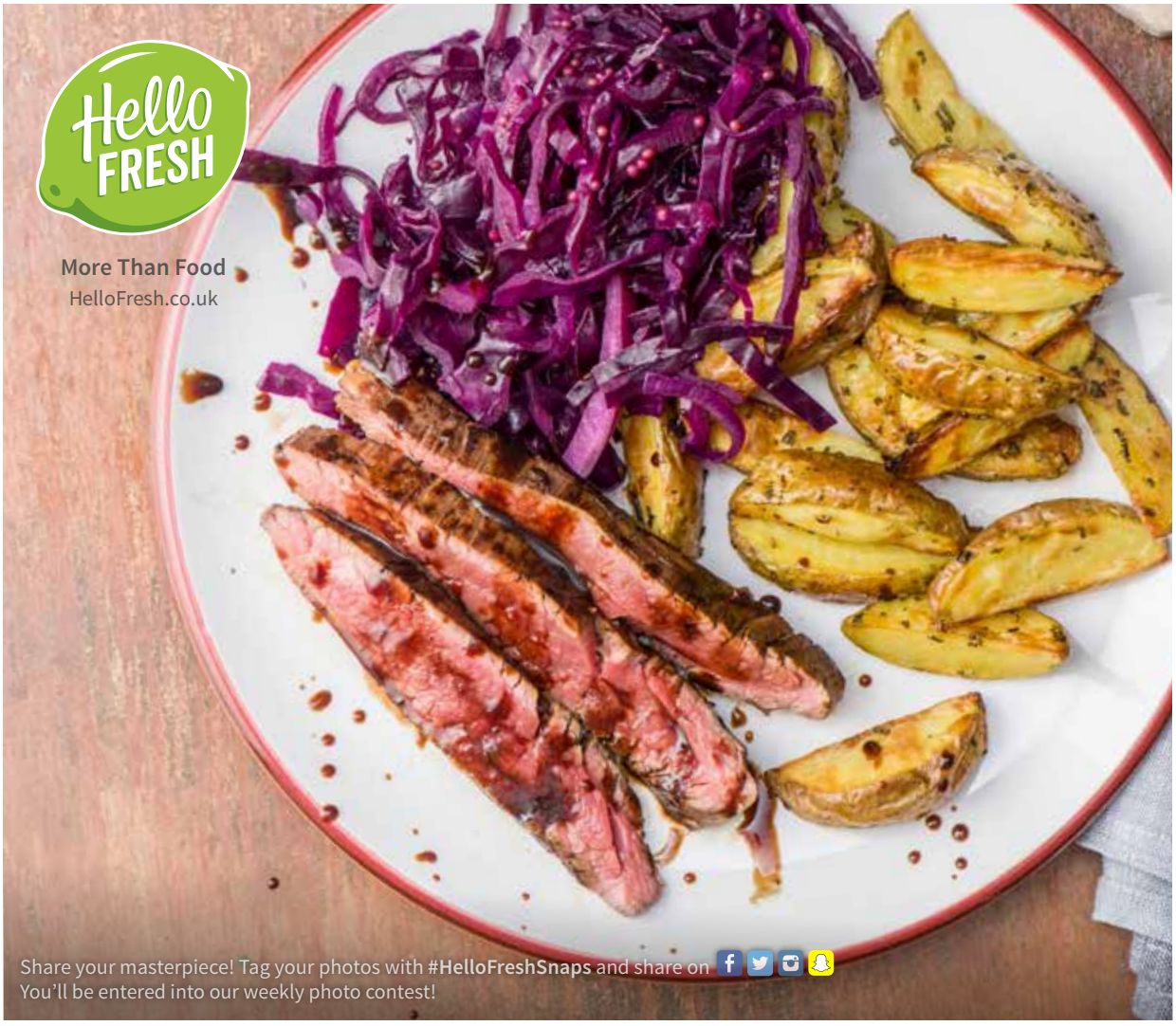

Balsamic Steak with Red Cabbage and Potato Wedges

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

1 of your 5 a day

healthy

mild

Soy Sauce (1½ tbsp)

Balsamic Vinegar (1½ tsp)

Flank Steak (2)

Potato (1 pack)

Rosemary (4 sprigs)

Onion (1)

Red Cabbage (½)

Mustard Seeds (1 tsp)

White Wine Vinegar (2 tbsp)

Redcurrant Jelly (2 tbsp)

Water (100ml)

2 PEOPLE INGREDIENTS

• Soy Sauce	1½ tbsp	• Red Cabbage, sliced	½
• Balsamic Vinegar	1½ tsp	• Mustard Seeds	1 tsp
• Flank Steak	2	• White Wine Vinegar	2 tbsp
• Potato, chopped	1 pack	• Redcurrant Jelly	2 tbsp
• Rosemary, chopped	4 sprigs	• Water	100ml
• Onion, sliced	1		

Allergens: Soya, Sulphites, Gluten, Mustard.

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

Did you know...

Red cabbage contains flavonoids, which are a powerful antioxidant. They are also what give the cabbage its vivid colour!

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	577 kcal / 2432 kJ	18 g	4 g	62 g	14 g	44 g	2 g
Per 100g	128 kcal / 540 kJ	4 g	1 g	14 g	3 g	10 g	0 g

Soy Sauce Ingredients: Water, **Soy**beans, **Wheat**, Salt

2

3

4

6

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

2 Chop, but don't peel the **potato**, into wedge shaped pieces, roughly the width of your index finger. Pull the **rosemary leaves** off their stalks and chop the **leaves** finely. Put your **potato wedges** on a baking tray, drizzle with **olive oil**, add a pinch of **salt**, a good grind of **pepper** and your **rosemary**. Give your tray a good shake to make sure your **wedges** get a thorough coating of **olive oil**, then pop your tray in your oven on the top shelf for 30 mins, until your **wedges** are brown and crispy.

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

4 Add a splash of **oil** to a saucepan and put it on medium heat. Add your **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 your **cabbage** and cook for a further 5 mins.

5 When your **cabbage** has softened, add the **white wine vinegar**, a sprinkle of **sugar** (if you have some), a pinch 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 Add a splash of **oil** to a frying pan on medium heat and when the pan is hot, add your **steak** (leave the excess marinade in the bowl, you'll use this later!). Cook your **steak** 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 Turn the heat down to low and add the remaining marinade to the pan, along with the **redcurrant jelly** and the **water** (as specified in the ingredient list). **Tip:** *Use a spoon to break up the jelly so it melts into the sauce.* When your **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 **wedges** and a good spoonful of **cabbage**. Voila!

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