

## **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





family box



mealkit



Flank Steak



Water



New Potatoes (2 packs)



Black Peppercorns (1½ tsp)



Rosemary (1 bunch)



Echalion Shallot



Broccoli (2)



Beef Stock Pot



Crème Fraîche (1 pot)

## **4 PEOPLE INGREDIENTS**

Flank Steak	4
• Water	300ml

New Potatoes, choppedBlack Peppercorns2 packs1½ tsp

• Rosemary, chopped 1 bunch
Allergens: Milk.
Nutrition as per prepared and listed ingredients

Echalion Shallot, choppedBroccoli, florets

Beef Stock PotCrème Fraîche

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

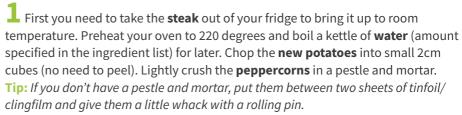
## Did you know...

Ground peppercorns retain their freshness for up to three months!

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

 Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
652 kcal / 2745 kJ						
120 kcal / 505 kJ						





1

Remove the **rosemary leaves** from their stalks and chop very finely. Put your **potatoes** on a baking tray, sprinkle on your **rosemary leaves** and drizzle over some **olive oil**. Add 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.





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

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 boiled **water** and stir in the **beef stock pot**.



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 **roasted potatoes** and **broccoli** on the side.