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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

 spicy

 family box

 mealkit



Flank Steak
(4)



Water
(300ml)



New Potatoes
(2 packs)



Black Peppercorns
(1 1/2 tsp)



Rosemary
(1 bunch)



Echalion Shallot
(1)



Broccoli
(2)



Beef Stock Pot
(1)



Crème Fraîche
(1 pot)


4 PEOPLE INGREDIENTS

- Flank Steak **4**
- Water **300ml**
- New Potatoes, chopped **2 packs**
- Black Peppercorns **1½ tsp**
- Rosemary, chopped **1 bunch**
- Echalion Shallot, chopped **1**
- Broccoli, florets **2**
- Beef Stock Pot **1**
- Crème Fraîche **1**

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

 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.

1



1 First you need to take the **steak** out of your fridge to bring it up to room temperature. Preheat your oven to 220 degrees and boil a kettle of **water** (amount specified in the ingredient list) for later. Chop the **new 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/clingfilm and give them a little whack with a rolling pin.*

2



2 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.

4



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 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.*

5



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 boiled **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 **roasted 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!