




Product Spotlight: Lebanese Cucumber


Cucumbers grow on a vine from yellow flowers. We love them because they contain most of the vitamins you need everyday including vitamin C, iron and calcium!



Beef Steaks with Tarragon Butter

Tender beef steaks with a garlic tarragon butter, served alongside golden sweet potato chips and a fresh cucumber salad.

 25 minutes

 2 servings

 Beef

23 June 2023

Change the butter!

You can change the flavour of the butter to your taste! Some delicious combinations with the butter are lime zest and dried chilli flakes; or fresh chopped rosemary or smoked paprika.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	35g	45g

FROM YOUR BOX

SWEET POTATOES	400g
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 packet (200g)
BEEF STEAKS	300g
GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, butter, dried tarragon, balsamic vinegar

KEY UTENSILS

frypan, oven tray

NOTES

Pat steaks dry with paper towel before cooking to remove any excess moisture. This will help give a nice golden sear when cooking the steaks.



1. ROAST THE SWEET POTATO

Set oven to 250°C. Set aside **30g butter** to soften.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until cooked through.



4. MAKE TARRAGON BUTTER

Combine butter with 1 crushed garlic clove and **1 tsp dried tarragon**. Spoon even amounts on top of steaks to melt.



2. PREPARE THE SALAD

Whisk together **1 tbsp balsamic vinegar, 1 tbsp olive oil, salt and pepper** in a salad bowl. Dice cucumber and capsicum, and halve tomatoes. Add to bowl and toss until dressed.



3. COOK THE STEAKS

Coat steaks with **oil, salt and pepper** (see notes). Cook in a frypan over medium-high heat for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



5. FINISH AND SERVE

Divide sweet potato chips, salad and steaks among plates.



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