

**Product Spotlight:
Potatoes**

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



Mustard Beef Steaks

with Ranch Potato Salad

Seared beef steaks cooked to your liking, served with a Bavarian mustard butter, paired with a creamy summer potato salad with a ranch yoghurt dressing.



25 minutes



2 servings



Beef

Jazz up the salad!

Add any classic favourites to the potato salad! Diced cornichons, chopped fresh dill, parsley or shallot work well! You can even add some crispy bacon or hard boiled eggs to make extra serves!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	18g	32g

FROM YOUR BOX

MEDIUM POTATOES	2
SWEET POTATO	400g
NATURAL YOGHURT	1 tub
RANCH SPICE MIX	10g
CELERY STICK	1
BAVARIAN MUSTARD	1 jar
BEEF STEAKS	300g
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter

KEY UTENSILS

griddle pan or BBQ, saucepan

NOTES

Use half the dressing if you prefer your salad less creamy. You can save the ranch yoghurt to use as a dip for veggie sticks.

Ranch spice mix: onion powder, ground garlic powder, dried dill tops, dried thyme, dried parsley.



1. BOIL THE POTATOES

Set aside **40g butter** to soften.

Dice **potatoes** and **sweet potato**. Place in a saucepan and cover with water. Bring to a boil and simmer for 10–12 minutes or until tender. Drain and cool under running water.



2. PREPARE THE DRESSING

Meanwhile, combine **yoghurt** and **ranch spice** in a large bowl (see notes). Dice and add **celery**. Set aside.



3. MAKE THE MUSTARD BUTTER

Combine **mustard** with **softened butter** and season with **salt and pepper**.



4. COOK THE STEAKS

Coat **steaks** with **oil, salt and pepper**. Heat a griddle pan or BBQ over medium-high heat. Cook **steaks** for 2–4 minutes each side or until cooked to your liking. Set aside to rest.



5. TOSS THE POTATOES

Toss cooked **potatoes** with **dressing**. Season well with **salt and pepper**. Separate and rinse **lettuce** leaves.



6. FINISH AND SERVE

Arrange **lettuce** on a serving plate and top with **potato salad**. Serve with **steaks** and **mustard butter**.



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