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STEAK AND POTATOES

SERVES 1

Ingredients

Rib eye, 250gm, bone in

Chat potatoes (Desiree), 200gm, quartered

Peas, frozen, 200gm

Spring onions, sliced, 1 each

Olive Oil, 100ml

Garlic, 1 clove, sliced fine

Zest of 1 lemon

Mint leaves, 5 each, sliced

Method

1. Place potatoes in a pot and cover with water. Season with salt and cook on medium – high heat until the potatoes are tender.
2. Meanwhile, heat a medium sized fry pan until hot. Once hot, sear the steak. (4 mins each side for medium rare)
**Chefs tip* - Baste the steak while cooking by tilting the pan and spooning the fat back over the steak.*
3. Remove from heat and allow to rest for a few minutes.
4. In the same pan you have cooked the meat in, add the peas and season to taste with salt and pepper. Cook until tender, remove from heat and stir through roughly torn mint leaves.
5. Once the potatoes are tender, strain the water off and season with olive oil, lemon zest, salt and pepper and finish with spring onions.

