



HERB-BUTTER STEAK

with Sweet Potato Fries and DIY Ranch Dressing Salad

PRONTO



HELLO

DIY RANCH DRESSING

This classic dressing is easy and quick to make

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 748



Beef Steak



Baby Gem Lettuce



Chives



Parsley



Sweet Potato, fries



Garlic



Mayonnaise



Sour Cream



White Wine Vinegar

BUST OUT

- 2 Baking Sheets
- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Paper Towel
- Whisk
- Small Bowl
- Sugar (½ tsp | 1 tsp)
- Butter 2 (2 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Beef Steak 340 g | 680 g
- Baby Gem Lettuce 100 g | 200 g
- Chives 10 g | 20 g
- Parsley 10 g | 20 g
- Sweet Potato, fries 340 g | 680 g
- Garlic 10 g | 20 g
- Mayonnaise 3,4 2 tbsp | 4 tbsp
- Sour Cream 2 3 tbsp | 6 tbsp
- White Wine Vinegar 9 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 63°C/145°F.



START STRONG

Preheat your oven to **425°F** (to roast the sweet potatoes and finish the steak). Start prepping when your oven comes up to temperature!



1 ROAST POTATOES
Wash and dry all produce.* On a baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, turning the sweet potatoes over halfway through cooking, until golden-brown, 20-22 min. (**NOTE:** This healthier version *won't* get crispy like deep-fried fries!)



4 MAKE DRESSING
Meanwhile, mince or grate the **garlic**. Finely chop the **chives**. Finely chop the **parsley**. Thinly slice the **baby gem**. In a small bowl, whisk together the **sour cream**, **mayonnaise**, **half the chives** and **half the parsley**. Add **½ tbsp vinegar** (double for 4 ppl) and **½ tsp sugar** (double for 4 ppl). Stir together. Season with **salt** and **pepper**. Set aside.



2 SEAR STEAK
Meanwhile, pat the **steak** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **steak**. Pan-fry until golden-brown, 2-3 min per side. Remove the pan from the heat and transfer the steak to another baking sheet. Wipe the pan clean.



5 MAKE SAUCE
Heat the same pan over medium heat. Add the **garlic** and **2 tbsp butter** (double for 4 ppl). Swirl the pan and cook until the garlic is fragrant, 1 min. Remove the pan from the heat, then add the **remaining chives** and **remaining parsley**. Stir through until the herbs are fragrant, 1 min.



3 ROAST STEAK
Roast the **steak** in the centre of the oven, until cooked to desired doneness, 6-8 min. (**TIP:** Cook to a minimum internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.**)



6 FINISH AND SERVE
Thinly slice the **steak**. Divide the steak, **sweet potatoes** and **lettuce** between plates. Spoon the **garlic-herb sauce** over the steak. Spoon some **ranch dressing** over the lettuce, then serve **remaining dressing** on the side.

DIP IT!

Leftover dressing makes a great dip for the sweet potato fries!

