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Angus Beef steak

with wilted spinach mashed potato and greens with lemon crumb

Quality black angus beef steak served with mashed potato and wilted english spinach alongside asparagus and broccolini baked with a topping of crunchy lemon parsley crumb. Perfect weekday dining.

Prep'd and packed for you
Angus beef steaks
fresh broccolini
royal blue potatoes
fresh asparagus spears
english spinach leaves
lemon
seasoned panko bread crumb
fresh parsley

Prep and cook time	40 mins
Calories per serve	590

What you will need from your kitchen

- 1 tbs olive oil
- 20-40g butter, for your mashed potato
- medium mixing bowl
- large pot of salted boiling water
- frypan or griddle
- bake dish, approx 20-30cm

Cooking your steak.

Allow your steaks to come to room temperature before cooking and ensure your pan is hot before adding the steaks. Season just before cooking, adding a dash of olive oil to the pan for extra caramelisation. We suggest a cooking time of approx 3mins each side for rare, 4-5 mins for medium and 5-6 for welldone, and remember to rest your cooked steaks, covered, for at least 5 minutes.

Recipe #20



Prep

Put a large pot of salted water on to boil
finely chop parsley and set aside in a mixing bowl
grate or zest the lemon peel and add to the bowl with the parsley
peel the potatoes and chop into small 1-2cm chunks
preheat your oven to 180 / 170ff

Cook

- 1 Gently wash and chop any woody ends off the broccolini and asparagus, then place them in the boiling water and blanch 2-3 minutes, until slightly softened and bright green in colour.**
- 2 Meanwhile, slice the lemon into 6-8 (1/2 cm) slices and lay on the bottom of a greased baking dish, approx 20-30cm in size**
- 3 Remove the blanched vegetables with tongs, gently shake off excess water and spread the vegetables across the baking dish, on top of the lemon slices. *Place the chopped potatoes in the water, ensuring it is kept at boiling temperature.**
- 4 Add the panko bread crumb to the parsley and lemon rind and add half to 1 tbs of olive oil, mixing well to form a slightly wet crumb. Spread the crumb across the middle of the vegetables and place in preheated oven for approx 10-15 minutes to brown and crisp the crumb and soften the vegetables.**
- 5 Meanwhile heat a frypan or griddle to med-high heat, add a little olive oil and season your steaks with salt and pepper to your taste. Place the steaks in the hot pan and cook to your liking (approx 4-5 minutes each side for medium), turning the heat down to medium if necessary. Check your green vegetables and turn the oven off when crumb is crisp, leaving the dish in the oven to stay warm. Remove your steaks when cooked to your liking and allow to rest, covered, for at least 5 minutes.**
- 6 Test the potatoes are cooked by pressing with a fork, they should break easily under the pressure. Drain your potatoes and then return them to the hot pan. Add 20-40g butter (to your preference) and mash well. **Add the spinach leaves and stir them through the mash, with a wooden spoon, allowing the heat from the potatoes to wilt the spinach. cover to keep warm.**

Serve

Serve your steaks with potato and spinach mash and lemon crumb vegetables on the side. Place a slice of softened lemon on top of the green vegetables for extra flavour.

For the kids

**The spinach can be wilted and served separately by lightly steaming or quickly pan frying in a hot frypan for 1-2 minutes, for kids who would prefer their mash minus the spinach.

Using a Thermomix..

* Make your potato mash as per your Thermomix cookbook.

When mashed add the spinach and stir through on REVERSE / speed 1-2, until well combined and softened.