



## Irish Beef Steak with Chili Butter, Herb New Potatoes & Mangetout

This sizzling Irish steak is topped with zesty chili butter and paired with creamy countryside Irish potatoes and crunchy mangetout. An easy to prepare meal that melts in your mouth and provides all the nutrients you'll need to go to bed smiling! **Tip: Remove the seeds from the chilli for less spice.**

### Nutritional Info

Calories: 778 kcal  
Carbohydrates: 53 g  
Protein: 47 g  
Fat: 45 g

### Ingredients

- Irish Beef Steak
- Herb Mix
- Baby Potatoes
- Fresh Parsley
- Mange tout
- Fresh Mint
- Chilli
- Fresh Rosemary
- Lime

### Your Pantry

- Olive Oil
- Salt & Pepper
- 30g Butter per person [warmed]

### Allergens

Milk (Butter)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Make the chilli butter**

Grate some zest from the lime (be careful to only grate off the outer green layer and not the bitter white part of the skin). Finely chop the chilli. Add the zest of the lime and the chilli to the butter and mix well. Combine the juice of a quarter lime into the soft butter. Place butter in small dish and refrigerate until ready to serve.

### 2) **Boil the vegetable**

Add the potatoes to a boiling pot of water. Cook for 10 to 15 minutes until potatoes are fork tender and then drain into a colander. In a smaller pot boil the mangetout for 5 minutes until tender.

### 3) **Cook the steak**

Heat olive oil and a teaspoon of butter in a frying pan. Season the steak with salt and pepper. Fry for 2-4 min on each side and remove from pan and allow to rest for a few minutes. Meanwhile...

### 4) **Flavour the potatoes**

Chop the herbs [parsley, mint, rosemary] and combine them with a small amount of olive oil in a large bowl and mix well. Add the potatoes to this bowl and gently toss. Adjust the seasoning with salt and pepper if desired.

### 5) **Plate the dish**

To serve, remove butter from fridge and cut into slices. Place on top of warm steak to melt and serve with the herb potatoes & mange tout.



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