



## Irish Ribeye with Sweet Potato Wedges, Tenderstem Broccoli & Cumin Butter

100% Irish Ribeye steak from our craft butchers. Cook it to perfection by leaving the steak to rest outside of the fridge for 20-30 minutes and make sure your pan is super-hot before putting the steak in it - this will ensure you seal in the juices. We recommend using an oil with a very high burning temperature like rapeseed oil.

### Ingredients

- Ribeye Beef
- Sweet Potato
- Tenderstem Broccoli
- Sesame Seeds
- Cumin

### Your Pantry

- Olive Oil
- Salt & Pepper
- Butter

### Nutritional Info

Calories: 444 kcal  
Carbohydrates: 33 g  
Protein: 58 g  
Fat: 12 g

### Allergens


Sesame Seeds  
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) **Pre-heat the oven**

Remove the steak from the fridge. Heat the oven to 190°C and get started on the wedges.

## 2) **Make the wedges**

Slice the sweet potato into 1/2 cm thick wedges. Toss these in some salt, pepper and olive oil. Place on a baking tray and cook for about 20 minutes.

## 3) **Cook the broccoli**

While the wedges are cooking, boil the broccoli in a pot for 2 minutes.

## 4) **Cook the steak**

When the potatoes have been in the oven for 10 minutes, start on the steak. Season the steak with salt and pepper. In a hot pan, cook the steak for 1.5 minutes on each side for rare - you may want to cook it for longer if you like it more well-done. Remove from the pan, cover with some tin foil and allow the meat to rest.

## 5) **Finish the broccoli**

Place the broccoli in the same pan you used for the steak and fry for 1 minute. Remove from the pan.

## 6) **Make the cumin & sesame seed butter**

Remove the pan from the heat and add the sesame seeds, cumin and 10g of butter per person. Allow the butter to melt and stir the ingredients together to make the cumin butter.

## 7) **Plate the dish**

Lay the steak on the plate and garnish with the broccoli and butter. Serve the potatoes alongside.



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