



Seared Irish Steak with Healthy Sweet Potato Fries and Baked Mushroom

This meal features a tender sirloin topped with a baked field mushroom and charred spring onions all under aromatic tarragon butter. A side of crispy sweet potato fries with a spicy kick completes this delicious dish.

Ingredients

- Striploin Steak
- Sweet Potato
- Field Mushroom
- Spring Onion
- Fresh Tarragon
- Fresh Thyme
- Medium Curry Powder

Your Pantry

- Olive Oil
- Salt & Pepper
- Butter

Nutritional Info

Calories: 639 kcal
Carbohydrates: 41 g
Protein: 46 g
Fat: 5 g

Allergens

Milk (Butter)

Mustard (Curry Powder)

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) **Preheat the oven to 180C**

2) **Make the sweet potato fries**

Peel the sweet potato. Slice each sweet potato in 3 lengthways. Then cut into 1cm wide batons. Toss these in a little olive oil, salt and the curry powder. Place on a baking tray in the oven for 25 minutes.

3) **Cook the mushroom**

Remove the thyme leaves from the sprig and sprinkle over the mushroom then season with salt and pepper. Once the sweet potato has been cooking for 15 minutes give them a shake to ensure they cook evenly and don't stick to the pan. Then add the mushroom to the oven and drizzle with a little oil.

4) **Chop the tarragon**

Chop the tarragon and set aside.

5) **Cook the steak**

Season the steak with salt and pepper. Add some oil to a hot pan and fry the steak for 1-2 minutes on each side (depending on how well you like your steak cooked). Allow the steak to rest for 5 minutes wrapped in tin foil.

6) **Char the spring onions**

In the same pan, add the spring onion and fry until charred.

7) **Make the tarragon butter**

In the same pan, melt about 10g of butter per person with the chopped tarragon.

8) **Plate the dish**

Serve the spring onions and mushroom on top of the steak with the sweet potato fries on the side, spoon over the tarragon butter.



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