



More Than Food.

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Tagliata with Roasted Garlic and Sweet Potato Chips

Like fish, perfectly cooking a piece of steak can be a little intimidating if you haven't had much practice. Our top tips are: 1) take your steak out of the fridge an hour before you plan to cook it, so that it comes nearer to room temperature 2) get your pan really hot before cooking and 3) once you've cooked it, leave it to rest for a few minutes before slicing. Easy!



35 mins



family box



gluten free



spicy



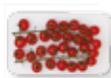
lactose free



healthy



Sweet Potato (2)



Cherry Tomatoes
(2 punnets)



Garlic (1 bulb)



Rosemary (4 sprigs)



Chilli Flakes (1/4 tsp)



Dried Oregano (1 tsp)



Steak (4)



Rocket (2 bags)

Ingredients

	2P	4P
Sweet Potato, sliced	-	2
Cherry Tomatoes, halved	-	2 punnets
Garlic	-	1 bulb
Rosemary	-	4 sprigs
Chilli Flakes	-	¼ tsp
Dried Oregano	-	1 tsp
Steak	-	4
Rocket	-	2 bags

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

N/A

Nutrition per serving: Calories: 399 kcal | Protein: 37 g | Carbs: 32 g | Fat: 12 g | Saturated Fat: 5 g



1 Pre-heat your oven to 210 degrees. Scrub (but don't peel) your sweet potatoes under some water. Cut them in half lengthways. Cut each half lengthways into three pieces (or four pieces if it's a big 'un). Chop the cherry tomatoes in half.

it in between. **Tip:** *We like our steak medium, but if you want a more well done steak, cook it for a little longer.*



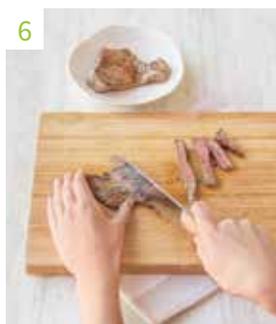
2 Coat the sweet potatoes and garlic (leave the bulb whole and skin on!) in 2 tbsp of olive oil and a good pinch of salt and pepper. Place on a baking tray with the leaves of the rosemary scattered over. Put everything in the oven on the top shelf for 25 mins.

5 Add the rest of your olive oil marinade to a tray, remove the steak from the pan, add it to the tray with the olive oil marinade. cover with foil and let it marinate for at least 3 mins on each side.



3 **LH:** *Mix 5 tbsp of the best quality olive oil you can get your hands on with your chilli flakes, 1 tsp of dried oregano, a finger pinch of sea salt and a few grinds of black pepper.* Pour half the mixture onto a baking tray along with your cherry tomatoes. Give the tray a shake and pop in the oven for 10 mins, then remove, cover with tin foil and keep to the side.

6 Remove the steaks and slice it into 1cm thick slices on the diagonal. Reserve the marinade as you can pour this over the finished dish.



4 Heat a non-stick pan on the hob until it is super hot. Add in 2 tbsp of olive oil and when it's almost smoking, fry the steaks. Cook for 2 mins on each side without touching

7 Take your potatoes out of the oven. Your roasted sweet potatoes should be crispy on the outside and soft in the middle. Squeeze the garlic from its skin back in with the sweet potatoes. These should be soft and slightly caramelised.

Tip: *If you're not a huge garlic fan, you can leave the garlic out.* Serve the steak slices on top of the rocket and roasted tomatoes, pour over any remaining marinade, add the roasted sweet potatoes on the side and get stuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!