



HERBY STEAK SKEWERS

with Crispy Potato Smash and Feta

PRONTO



HELLO

POTATO SMASH

These easy to make potatoes are soft on the inside and crispy on the outside

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 529



Beef, cubes



Garlic



Red Onion, cubes



Orange Bell Pepper



Baby Red Potatoes



Parsley



Oregano



Lemon-Pepper Greek Seasoning



Feta Cheese, crumbled



Wooden Skewers

BUST OUT

- Aluminum Foil
- Paper Towel
- Potato Masher
- Shallow Dish
- 2 Baking Sheets
- Measuring Spoons
- Medium Bowl
- Salt and Pepper
- Medium Pot
- Olive or Canola oil
- Garlic Press

INGREDIENTS

2-person | 4-person

| | | | |
|--------------------------------|--------|--|--------|
| • Beef, cubes | 340 g | | 680 g |
| • Garlic | 10 g | | 20 g |
| • Red Onion, cubes | 56 g | | 113 g |
| • Orange Bell Pepper | 190 g | | 380 g |
| • Baby Red Potatoes | 340 g | | 680 g |
| • Parsley | 10 g | | 10 g |
| • Oregano | 10 g | | 10 g |
| • Lemon-Pepper Greek Seasoning | 1 tbsp | | 2 tbsp |
| • Feta Cheese, crumbled 2 | 28 g | | 56 g |
| • Wooden Skewers | 4 | | 8 |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

| | |
|------------------------|---------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 63°C/145°F.



START STRONG

Preheat your broiler to **high** (to broil the skewers). **NOTE:** It's important to soak your wooden skewers in hot water before using, as it will prevent them from burning under the broiler.



1 PREP Wash and dry all produce.* Bring a medium pot of **water** to a boil. In a shallow dish filled with hot water, soak the **skewers**. Core, then cut the **pepper(s)** into 1-inch cubes. Mince or grate the **garlic**. Roughly chop **half the parsley** (all for 4 ppl). Roughly chop **2 tsp oregano** (double for 4 ppl). Cut the **potatoes** in half (or into quarters if they are large).



4 BROIL POTATOES Broil the **potatoes** and **skewers** in the centre of the oven for 8-10 min. Remove both baking sheets from oven and sprinkle the **feta** over each **smashed potato**. Flip the **skewers** over.



2 PREP SKEWERS Once the **water** is boiling, add the **potatoes** to the medium pot. Continue boiling over high heat until the potatoes are just fork-tender, 10-12 min. Meanwhile, pat the **beef cubes** dry with paper towels. In a medium bowl, combine the beef, **garlic**, **oregano**, **half the Greek seasoning** and a drizzle of **oil**. Season with **salt**.



5 BROIL SKEWERS Return both baking sheets to the centre of the oven and continue broiling until the **potatoes** are slightly crispy and the **beef** is cooked through, 4-5 min. (**TIP:** Cook to a min. internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.**)



3 SMASH POTATOES Alternately thread the **beef**, **peppers** and **onions** on **skewers**. Transfer to a foil-lined baking sheet. Set aside. When the **potatoes** are tender, drain then arrange them skin-side up on a **lightly oiled** foil-lined baking sheet. Using a masher, gently smash the individual potatoes into flatten rounds. Brush each with **oil**, then sprinkle over the **remaining Greek seasoning**.



6 FINISH AND SERVE Divide the **veggie-steak skewers** and **potatoes** between plates. Sprinkle the **parsley** over the potatoes.

FANCY DRESS!

'Dress' potatoes with your fave spice and cheese for a tasty result!