NUTRITION *per serving*   **44g** carbohydrates   **38g** fat   **43g** protein   **1263mg** sodium | gluten-free, soy-free, shellfish-free, nut-free

Calories	Prep & Cook Time	Cook Within	Difficulty	Spice Level
690	**35-45 min.**	**6 days**	**Intermediate**	**Not Spicy**

HOME CHEF

Pan-Seared Steak with Garlic-Tomato Sauce
and crispy Parmesan potato cakes

Prepare the Potatoes

Cut **potatoes** into ¾" dice. Bring a medium pot with potatoes and enough **water** to cover to a boil over high heat. Cook until tender, 12-15 minutes. Drain in colander, and return potatoes to pot off-burner. Coarsely mash with a potato masher or fork and stir in **Parmesan cheese**. Set aside until cool enough to handle, 5-10 minutes. While potatoes cool, prepare ingredients.

Prepare the Ingredients

Halve **grape tomatoes** lengthwise. Cut **garlic** into ⅛" slices. Stem and coarsely chop **oregano**. Rinse **steaks**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.

Make the Potato Cakes

Divide **potato mixture** into eight pieces and roll each piece into a ball slightly bigger than a ping pong ball. Flatten each ball to ½" thick, making eight round patties. Place a large non-stick pan over medium-high heat. Add **half the butter** (reserve remaining for sauce) and ½ tsp. **olive oil** to hot pan. Place potato cakes into pan and cook undisturbed until golden brown, 2-4 minutes per side. Remove pan from burner and set aside.

Cook the Steaks

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **steaks** to hot pan. Cook until browned, 3-4 minutes. Flip steaks, reduce heat to medium, and cook until browned and steaks reach a minimum internal temperature of 145 degrees, 4-6 minutes. Remove to a plate and rest 2-3 minutes. Reserve pan; no need to wipe clean.

Make the Sauce

Return pan used to cook steaks to medium-high heat. Add ½ tsp. **olive oil** and **garlic** to hot pan and cook until aromatic, 30 seconds. Add **white wine**, bring to a boil, and cook until reduced by half, 1-2 minutes. Add **grape tomatoes**, ¼ tsp. **salt**, and a pinch of **pepper**, and cook until warmed through, 1-2 minutes. Gently swirl in remaining **butter**. Remove from burner and add **oregano**.

Plate the Dish

Serve **four potato cakes** on plate. Place **steak** next to cakes, then spoon **sauce** around and over steak.