



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



Calories
690



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Intermediate



Spice Level
Not Spicy



HOME CHEF

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

IN YOUR BOX

16 oz. Red Potatoes
1 oz. Grated Parmesan Cheese
3 oz. Grape Tomatoes
6 Garlic Cloves
2 Oregano Sprigs
2 Flat Iron Steaks
.9 oz. Butter
2 fl. oz. White Cooking Wine

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Colander
Medium Pot
Large Non-Stick Pan
Medium Non-Stick Pan

www.homechef.com/3494

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Place a colander in the sink

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- If **potato cakes** get cool while you cook **steaks**, simply reheat them over medium heat for 2-3 minutes.
- **Heads Up! Butter** is used twice. Half cooks **potato cakes** and remaining is added to **sauce**.

FROM THE CHEF

Pans and burners tend to have “hot spots,” so keep a close eye on potato cakes as they cook and flip as needed to brown evenly.

Did you know...

Red potatoes have less starch than russet potatoes, making them denser and easier to form into cakes.



1

Prepare the Potatoes

Cut **potatoes** into $\frac{3}{4}$ " 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.



2

Prepare the Ingredients

Halve **grape tomatoes** lengthwise. Cut **garlic** into $\frac{1}{8}$ " slices. Stem and coarsely chop **oregano**. Rinse **steaks**, pat dry, and season both sides with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



3

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 $\frac{1}{2}$ " thick, making eight round patties. Place a large non-stick pan over medium-high heat. Add **half the butter** (reserve remaining for sauce) and $\frac{1}{2}$ 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.



4

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.



5

Make the Sauce

Return pan used to cook steaks to medium-high heat. Add $\frac{1}{2}$ 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**, $\frac{1}{4}$ 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**.



6

Plate the Dish

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