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Beef Steak with Romesco Potatoes & Grilled Zucchini

Romesco sauce is a brilliant flavour hit, a bright red, bright tasting sauce from the Catalonia region of Spain. It's perfect for livening up potatoes and served along with a fresh salad and tasty beef skewers, this dish will leave you ready to dance the flamenco!



Prep: 25 mins

Cook: 20 mins

Total: 45 mins



level 2



lactose free



high protein

Pantry Items



Olive Oil



Skewers



Potatoes



Chargilled
Capsicum Sauce



Parsley



Premium Beef
Minute Steak



Smoked
Paprika



Garlic



zucchini



Red Onion




Lemon

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2P	4P	Ingredients
300 g	600 g	potatoes, unpeeled & sliced into 3 cm chunks
⅔ tub	1 ⅓ tubs	chargrilled capsicum sauce (recommended amount)
1 tbs	2 tbs	olive oil *
1 bunch	2 bunches	parsley, leaves picked & roughly chopped
1 packet	2 packets	premium beef minute steaks, sliced into 2 cm wide strips 
1 sachet	2 sachets	smoked paprika
2 cloves	4 cloves	garlic, peeled & crushed 
6-8	12-16	metal or wooden skewers *
1	2	zucchini, peeled into ribbons
½	2	red onion, finely sliced
½	2	lemon, sliced into wedges 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2150	Kj
Protein	51.4	g
Fat, total	18.2	g
-saturated	5.1	g
Carbohydrate	31.8	g
-sugars	9.0	g
Sodium	299	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, large saucepan, colander, medium bowl, oven tray lined with foil, tongs, large frying pan and wooden spoon.*

1 Preheat the grill to medium-high.

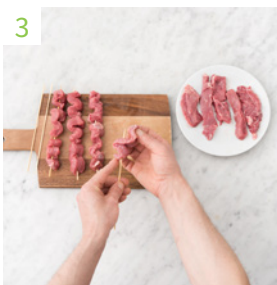
2 Place the **potato** in a large saucepan of salted water. Bring the water to the boil and cook for **10 minutes**, or until soft when pierced with a fork. Drain. Stir through the **chargrilled capsicum sauce**, half the **olive oil** and half the **parsley**, and season with **salt** and **pepper**. Set aside.



3 Meanwhile, in a medium bowl coat the **premium beef minute steaks** in the **smoked paprika**, **garlic**, salt and pepper, and the remaining olive oil. Weave the beef strips onto the **metal or wooden skewers** alternating up and down so that the meat is evenly distributed along the skewer. Place the skewers in a single layer on the prepared oven tray. Cook the skewers for **3 minutes**, or until cooked through.

Tip: If using wooden skewers, wrap the ends of the skewers with foil to ensure they don't burn. If you don't have skewers, lay the beef flat on the oven tray. It will work just as well.

4 Meanwhile, heat a dash of olive oil in a large frying pan over a medium-high heat. Cook the **zucchini** ribbons and **red onion** for **4-5 minutes**, or until softened and cooked through. Season to taste with salt and pepper.



5 To serve, divide the romesco potatoes and sautéed vegetables between plates. Top with the beef skewers. Serve with **lemon wedges** and the remaining parsley. Enjoy!

Did you know? You should soak the skewers in water to stop them burning and splintering.

