

to healthier, happier you

Get ready to a quick and delicious
delight with my 20 min Creamy Garlic Steak!

Packed with hearty creamy goodness in no time, and the best part?
tastes like cheat meal!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of cooked roasted potatoes (oven or air fryer)
175g of raw steak (I used sirloin)
1/2 onion, chopped
1/2 garlic head (optional)
8-12 cherry tomatoes
1 tsp of olive oil
rosemary qb
2 tsp of paprika
2 tsp of thyme
2 tsp of Italian seasoning
2 tsp of salt and black pepper (adjust if needed)
2 tsp of Worcestershire sauce
1 cup of vegetable or beef broth
1/2 cup of light cream
1/2 cup of milk of your choice
parsley to garnish
1 tsp of garlic powder

INSTRUCTIONS:

Start by roasting your potatoes in your oven or air fryer for 20 minutes at 200°C / 392° F. Take the steak out of the refrigerator 30-45 minutes before grilling to bring it to room temperature. Add olive oil in a skillet over high heat, and sear the steak until desired doneness, remove and reserve.

In the same skillet, reduce the heat to medium heat, grill the garlic head and the cherry tomatoes with rosemary and season with salt and black pepper. Remove and reserve. Now add onion, thyme, paprika, Italian Seasoning, Worcestershire sauce and sauté until fragrant and onion is translucent, about 2-3 minutes. Pour in the beef broth, light cream and milk, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly. You can blend the sauce if you prefer.

Slice the steak against the grain for maximum tenderness. In a bowl add the roasted potatoes, salt, black pepper, garlic powder, and parsley and mix well. Remove the skillet from the heat and add the sliced steak, the garlic head, the cherry tomatoes, garnish with fresh parsley leaves and serve with the garlic roasted potatoes and ENJOY!

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BY NICOLINA