

Thai-Style Beef Steaks



SERVES 4



PREP TIME 30 mins



COOKING TIME 30 mins

Ingredients

- 1 tbsp *Carla's Thai Seven Spice Blend*
- 4 beef steaks (rump steak is lovely)
- 4 sweet potatoes
- 2 peppers
- 2 courgettes
- 2 red onions
- 2 white onions (finely sliced)
- 4 sprigs of fresh coriander
- 20ml water
- 2tsp and 3 tbsp of olive oil
- 50g butter
- 4 tbsp milk or cream
- Salt and pepper

Instructions

- Preheat oven to 220°C
- Peel and chop the vegetables ready for cooking
- Next prepare the Thai marinade – mix 1 tbsp of *Carla's Thai Seven Spice* with 20ml of water and 2 tsp of oil. Place the beef steaks in a bowl and cover with the Thai marinade. Rest for 10 minutes, or until needed
- Place the sweet potato in a salted pot of water and boil for 15-20 minutes until tender. Place the chopped red onions into a roasting dish and cook for 10 minutes. Add the courgette and the peppers and cook for a further 10 minutes until roasted and crispy
- Place the finely sliced white onion, 2-3 tbsp of oil and 1.5 tbsp of salt in a frying pan over a medium-low heat. Cook, stirring frequently, for about 15-20 minutes, until the onion is golden and starting to caramelize. Remove from the heat
- Drain the sweet potato well and return to the saucepan. Add the butter and milk or cream to the hot sweet potato and mash together. You can also use a food processor for this step, which will help make it really silky and smooth. Stir through the caramelized onion and then season to taste with salt and pepper
- Heat a frying pan over a medium-high heat, with a little oil, or you can use a BBQ if you prefer. Add the beef steaks to the pan and cook for 2-3 minutes on each side for medium rare, or until cooked to your liking. Cooking times will vary depending on the thickness of your beef. Set aside on a plate and cover with foil to rest for 5 mins
- Plate up with the sweet potato mash first, then arrange the beef steak on top and scatter the roasted vegetables over, garnish with the coriander and serve

Carla's product used in this recipe: [Thai Seven Spice Blend](#)

www.carlasfoods.co.uk

Carla's