

# Steak and chips

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| Ingredient<br><i>(Red = optional)</i> | Amount for one person | Your variation |
|---------------------------------------|-----------------------|----------------|
| Sirloin steak                         | 1 (225g)              |                |
| Frozen chips                          | 200g                  |                |
| Carrots (fresh)                       | 2 (180g unpeeled)     |                |
| Frozen peas                           | 100g                  |                |
| <i>Olive oil</i>                      | 1 tsp                 |                |
| <i>Steak seasoning</i>                | 0.5tsp                |                |
| <i>Thyme</i>                          | 0.5tsp                |                |
| <i>Oregano</i>                        | 0.5tsp                |                |
| Ground pepper                         | ¼ tsp                 |                |
| Salt                                  | ¼ tsp                 |                |

**TIP:** *The extra hour of prep makes a big difference*



| Prep Time minutes | Cook time minutes | Your revised time        |
|-------------------|-------------------|--------------------------|
| 5 or 65           | 25                | <input type="checkbox"/> |

|                                      |            |  |
|--------------------------------------|------------|--|
| <b>All prepared?</b> Start timer at: | <b>25</b>  |  |
| Arrange the chips on the oven tray   | <b>25</b>  |  |
| Pre-heat griddle on hob at heat 8    | <b>16</b>  |  |
| Turn over the chips                  | <b>14</b>  |  |
| Put the steak on the griddle         | <b>11</b>  |  |
| Turn the steak with the turner       | <b>8</b>   |  |
| Carrots & peas into the steamer      | <b>7</b>   |  |
| Start microwave for 4 mins 20 sec    | <b>6</b>   |  |
| Remove steak from griddle            | <b>5</b>   |  |
| Let steak rest on a covered plate**  | <b>5-0</b> |  |
| Remove veg from microwave            | <b>2</b>   |  |
| Heat plate in microwave for 2 mins   | <b>2</b>   |  |
| Remove chips from the oven           | <b>0</b>   |  |
| Put steak on a clean, warmed plate   | <b>0</b>   |  |
| Add chips and veg to the plate       | <b>0</b>   |  |
| Add pepper to taste                  | <b>0</b>   |  |

**\*TIP:** Do not move the steak while it is cooking

**\*\*TIP:** It's key to let steak "rest" after cooking or it will be tough. Cover with foil to retain the heat

## Tools that help

- Scales
- Grill pan
- Griddle
- Turner
- Timer
- Microwave steamer
- Vegetable peeler
- Sharp knife
- Cutting board
- Tongs

## Prep Instructions

1. Take the steak from the fridge 30 mins before cooking and remove packaging
2. Pre heat oven with oven tray for 5 - 8 mins at 180c
3. *At room temperature rub the olive oil, thyme, oregano, steak seasoning, salt and pepper into the steak*
4. *Leave steak covered for 1 hour to marinate (if you have the time)*
5. Peel carrot and cut into 1cm pieces
6. Put 1tbsp of water into the microwave steamer
7. Coat the griddle with 1tsp of olive oil

*All recipes are base on using an induction hob, fan oven and microwave set at 1,000*