

STEAK WITH SWEET POTATO CHIPS

If you enjoy red meat, you are likely to agree that nothing beats a well-cooked steak – juicy, tender and full of flavour. Steak and chips are a popular combination and my family loves sweet potato chips. Add a salad and you're ready to tuck in!



INGREDIENTS

SERVES 4

Chips

6-8 small sweet potatoes, skin on, cut into wedges or thickly sliced (see tip)
30 ml (2 tbsp) olive or avocado oil
salt and pepper to taste

Steak

4 x 200-300 g steaks of your choice, excess fat removed
30 ml (2 tbsp) olive or avocado oil
lemon juice to taste

TIPS & VARIATIONS:

- Buy sirloin or rump as a larger cut from the butcher. This way you can decide how thick you want each portion. Always carve meat against the grain, otherwise it could appear tough. Allow 200-300 g meat per person.
- Sprinkle 30 ml (2 tbsp) fresh thyme over meat when seasoning it. It's also delicious on the sweet potato wedges.
- If your family prefers potatoes to sweet potatoes, prepare potato chips in the same way.

METHOD

- 1. Chips:** Preheat oven to 180 °C. Line a baking tray with baking paper. Place sweet potato in a large bowl and rub oil all over. Season with salt and pepper. Place sweet potato on the baking tray and roast for 30-45 minutes or until golden brown and cooked.
- 2. Steak:** Fry steak when the sweet potatoes are almost cooked. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area.
- 3.** Rub each steak with oil and fry steaks for 4-5 minutes on both sides until golden brown. You will be able to see as the meat change colour and start to cook. Season with salt, pepper and a few drops of lemon juice.
- 4.** Turn the steaks with tongs and fry for another 4-6 minutes on the other side – this will result in medium-done meat. Season again with salt, pepper and lemon juice. Rather season the meat while frying and not too long in advance, as salt tends to draw the natural juices from the meat and could make it tough.
- 5.** Fry steak until done to your preference. For a rather thick steak, reduce the heat and cover with the lid for the last 3-5 minutes.
- 6.** Keep the steak warm and allow to rest for a few minutes before carving it. This allows the juices to settle a bit.
- 7.** Serve with sweet potatoes chips and a salad or veggies of your choice.