



Irish Surf and Turf

with tomato garlic prawns, beef and roast potatoes

30 – 35 mins • Eat me first

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Prawns



Beef Rump



Potatoes



Parsley



Garlic



Tomato



Dried Chilli Flakes



Balsamic Glaze



Salad Leaves



Central American Style
Spice Mix

Pantry Items: Butter, Sugar, Salt, Pepper, Oil, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater

Ingredients

	2P	4P
Prawns	150 g	300 g
Beef Rump	250 g	500 g
Potatoes	600 g	1200 g
Parsley	5 g	10 g
Garlic	2 units	4 units
Tomato	2 units	4 units
Dried Chilli Flakes	1 sachet	2 sachets
Balsamic Glaze	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Central American Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	631 g	100 g
Energy (kJ/kcal)	2840.9 kJ/ 679 kcal	450.2 kJ/ 107.6 kcal
Fat (g)	28 g	4.4 g
Sat. Fat (g)	14.6 g	2.3 g
Carbohydrate (g)	64 g	10.1 g
Sugars (g)	10.3 g	1.6 g
Protein (g)	46.5 g	7.4 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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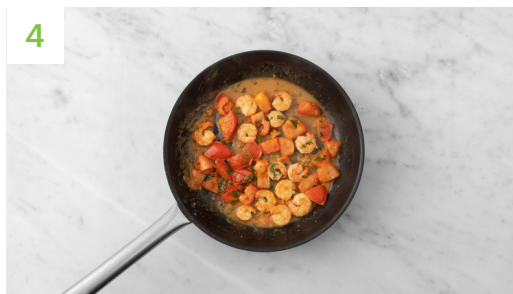
You can recycle me!



Roast the Potatoes

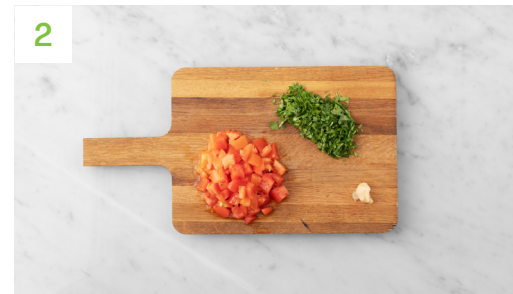
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Pop the **potatoes** onto a large (lined) baking tray.
- Toss with **Central American spice, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



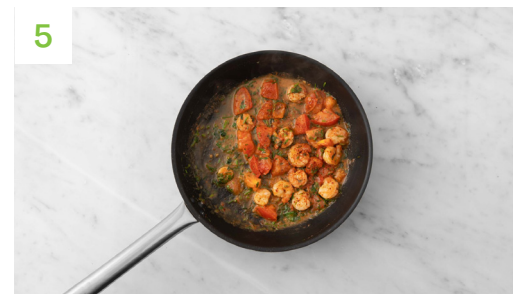
Cook the Prawns

- Return the pan to medium-high heat with 2 tbsp **butter** (per 2P) and a drizzle of **oil**.
- When melted, add the **prawns, tomato, garlic** and **half the parsley**. **IMPORTANT:** Wash hands and equipment after handling raw prawns.
- Stir in ½ tsp **sugar** (per 2P) and 25ml **water** (per 2P).
- Season with **salt** and **pepper** and cook until **tomato** is just softened, 4-5 mins.



Get Prepped

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **tomato** into 2cm chunks.
- Season the **beef** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging.



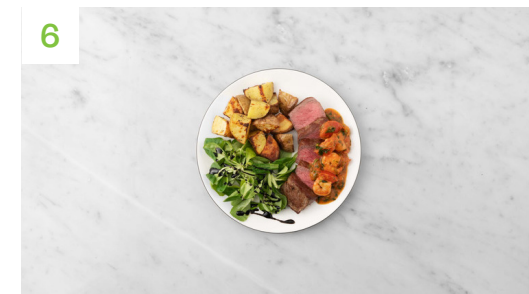
Finishing Touches

- When the **tomato** has started to soften, stir through the **chilli flakes** (use less if you don't like spice) and remaining **parsley**.
- Season to taste with **salt, pepper** and **sugar**.
- Once cooked, remove the pan from the heat. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.



Sear the Beef

- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **beef** until browned, 1-2 mins each side for medium-rare.
- Cook for another 1-2 mins on each side if you like it medium and a further 1-2 mins on each side if you want it well-done. **IMPORTANT:** Meat is safe to eat when the outside is browned.
- Once cooked, remove from the pan, cover and allow to rest.



Garnish and Serve

- Thinly slice the **beef** and share between plates.
- Spoon over the **tomato garlic prawns**.
- Serve the roast **potatoes** and **salad leaves** alongside.
- Finish the salad with a drizzle of **balsamic glaze**.

Enjoy!