



Ingredients

- 2 Steaks
- 4 Cloves Garlic
- 1 Lemon
- 1 Russet Potato
- ½ Pound Broccoli

Knick Knacks

2 Tablespoons Crème Fraîche

Makes: 2 servings

Prep Time: 10 minutes | Cook Time: 25-35 minutes



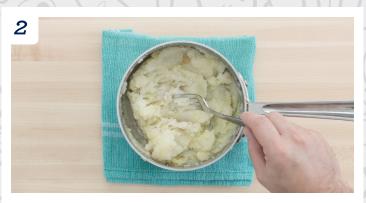
Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Peel the garlic and leave the cloves whole. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Large dice the potato. Cut the broccoli into bite-sized florets.



Cook the steaks:

While the potato cooks, pat the **steaks** dry with paper towels; season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steaks and cook 3 to 4 minutes per side for medium-rare, or until browned and cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a cutting board and set aside to rest for at least 5 minutes.



Cook & mash the potato:

Add the **potato** and **garlic** to the pot of boiling water and cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **crème fraîche** and a drizzle of olive oil. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.



Cook the broccoli:

Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **broccoli** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned. Add ¼ **cup of water** and cook, stirring occasionally and scraping up any fond from bottom of the pan, 3 to 4 minutes, or until the water has cooked off and the broccoli has softened. Turn off the heat. Stir in the **lemon zest** and **the juice of 2 lemon wedges**; season with salt and pepper to taste.



Finish & plate your dish:

Find the lines of muscle (or grain) of the **rested steaks**; thinly slice crosswise against the grain. Divide the sliced steaks, **mashed potato** and **cooked broccoli** between 2 dishes. Garnish with the **remaining lemon wedges**. Enjoy!