



STEAK FOIL PARCELS

WITH GARLIC HERB BUTTER

INGREDIENTS

- 500 g small baby potatoes
- 2 carrots, sliced
- 90 g cubed red bell pepper
- 225 g cubed pumpkin
- ½ red onion, cut in half and split
- 1 tablespoon olive oil
- 750 g sirloin steak, cubed

Garlic herb butter:

- 115 g soft butter
- 15 g freshly chopped parsley
- 2 tablespoons crushed garlic
- 1 teaspoon fresh rosemary, finely chopped
- 1 teaspoon fresh thyme, finely chopped
- sea salt and black pepper

METHOD

1. Preheat the oven to 180°C.
2. In a bowl, mix the potatoes, carrots, red pepper, pumpkin, red onion and steak cubes with salt, pepper and olive oil.
3. On a flat surface, place four 30 x 45 cm pieces of heavy kitchen foil on the counter. In the centre of each piece of foil, evenly place the vegetable and meat mixture.
4. In a food processor, blend the butter, parsley, garlic, rosemary, thyme, salt and pepper and place an equal amount in each parcel. Double fold the ends inwards to form a packet.
5. Grill for 20 to 30 minutes or until steak is cooked through and veggies are tender. Open the packets carefully, avoiding the hot steam escaping and serve.

All the food's nutrients and taste are sealed in by the foil parcel ✓

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PREP TIME 12min
COOK TIME 20min
TOTAL 32min
SERVES 4