

# STEAK WITH GARLIC BUTTER & VEGETABLES



## SAVEUR PRODUCT USED

LOW N' SLOW BBQ SPICE OR CALIFORNIA ONION MIX AND ONION GARLIC RUB

## SUBSTITUTIONS

Substitute steak for chicken, firm white fleshed fish or salmon, tempeh, or mushrooms.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**4 - 5.3 oz. (150g) grass-fed sirloin rump steak)**

**4.4 oz. (125g) unsalted butter**

**3 medium zucchini, diced**

**1 lb. (500g) sugar snap peas**

**1 pint (1 punnet) cherry tomatoes**

**1 tbsp. *Saveur Low N' Slow BBQ Spice* or 2 tbsp. *Saveur California Onion Mix***

**2 tsp. *Saveur Onion Garlic Rub***

## PREPARATION INGREDIENTS

**1-2 tbsp. ghee**

## METHOD

Bag 1 – Place steak onto a cutting board or plate, rub with Low N' Slow BBQ Spice (or California Onion Mix for a milder flavor). Place parchment paper in between slices of steak. Place steaks into freezer bag in 1 flat layer. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Mix butter and 1 tbsp. Onion Garlic Rub together in a small bowl. Place butter mixture onto cling wrap or parchment paper and roll into a log. Twist the ends to seal and place into small zip-top bag.

Bag 3 – Place all vegetables into bag with 1 tbsp. California Onion Mix. Shake and seal.

Place all bags into large zip top bag, date, label and freeze until ready to use.

## COOKING INSTRUCTIONS

Thaw in fridge overnight following the safe thaw instructions. Heat grill or hot plate with a little ghee. Cook steak to your desired doneness and set aside to rest. While cooking steak, place 1-2 tbsp. ghee in a pan. Add vegetables and cook until still crisp. Serve vegetables with steak and a knob of garlic butter on steak.

