

# Beef flank steak, cherry tomatoes and roasted pine nuts, fork mashed potatoes with truffle oil

Recette pour 4 personnes



## Description

Pan seared flank steak served with a raw sauce vierge prepared with cherry tomatoes, Italian parsley, shallots and pine nuts and served on fork mashed potatoes flavored with a few drops of truffle oil.

## L'idée déco

In order to prepare this recipe in quickie 30 minutes, use pre-cooked potatoes. You can finish cooking the steaks on a medium-low heat when you have only a few. When entertaining guests, finishing to cook your steaks in the oven allows you to serve all the guests at the same time.

## Ingrédients

For the flank steak

- 4 Unit(s) Beef flank steak
- Vegetable oil
- Salt and pepper
- Butter

For the fork mashed potatoes

- 600 Gr Fingerling potatoes
- 5 Ml Truffle oil
- 50 Ml Cream 35%
- 50 Gr Butter
- Vegetable oil
- Salt and pepper
- Butter

For the cherry tomatoes and pinenut sauce

- 0.50 Box(es) Cherry tomatoes
- 1 Unit(s) Shallot
- 1 Clove(s) Garlic
- 30 Ml Pine nuts
- 0.25 Bunch(es) Parsley
- 15 Ml White balsamic vinegar
- 60 Ml Olive oil
  
- Vegetable oil
- Salt and pepper
- Butter

## **Préparations**

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

### General preparation

Chop the shallots, chop parsley and garlic. Cut the cherry tomatoes into quater. Cut the potatoes into pieces and place them immediately in a pot of cold water.

### Fork mashed potatoes preparation

Add some salt to the potatoes and bring to a boil. Reduce heat and cook until tender, about 30 minutes. Drain well. Return potatoes to the pot and mash them gently with a fork, add butter, creaml, truffle oil, salt and pepper.

### Sauce vierge preparation

Roast the pine nuts in the oven for 3-4 minutes on a baking sheet. Combine all sauce ingredients. Season with salt and pepper.

### Flank steaks preparation

Season the flank steaks with salt and pepper. In a hot pan, drizzle some vegetable oil and sear the steaks on both sides over high heat. Transfer on a baking sheet and finish cooking in the oven for 5-6 minutes.

To serve

On your plate, place a portion of fork mashed potatoes with truffle oil in a ring mold compactly and remove the mold. Place your flank steak on top, then garnish with cherry tomato sauce vierge.

**Bon appétit!**