

Flat Iron Steak with Passion Fruit

Recipe:

Flat Iron steak with passion fruit reduction and French cut potatoes Provencal

Ingredients:

Qty	Measure	Ingredient
4	Each	8 oz. Beef tenderloin (salt and pepper to taste)
1/2	Cup	Passion fruit juice
1/2	Cup	Red wine
3	Tablespoon	Honey
1/2	Cup	Beef stock
1	Pound	Fresh potatoes (cut French style – thicker cut, lengthwise; think french fries)
1	Tablespoon	Chopped garlic, chopped parsley, salt & pepper
1	Bag	Baby spinach
1	Each	Lemon juice
2	Tablespoon	Butter

Equipment:

Measuring Cup
Tablespoon
Small saucepan
One medium pan
Grill pan
Fryer

Instructions:

- Season the steaks with salt and pepper and put on grill; cook for 6 minutes each side on high heat, set aside.
- In the small saucepan, at medium-heat, add the passion fruit juice, red wine, beef stock and honey. Let simmer and reduce by half, set aside.
- Place the spinach, lemon and butter in a pan on high-heat until wilted, set aside.
- Place the French-cut potatoes in a 350* fryer until golden brown; add the garlic, parsley and salt and pepper to taste.

Presentation: On a large plate, place the passion fruit sauce in the middle of the plate, add the spinach and place the filet on top. Cover with French fries Provencal. Serve Hot.

Lorena Suggests:

- For a lower-fat version, bake the potatoes on a baking sheet instead of frying.
- Short on time? Use frozen french fries. Just place on baking sheet, place in the oven and then sprinkle garlic, parsley and salt and pepper to taste.

