

# Flank Steak with shallots and fresh thyme roasted new potatoes

Recipe for 4 persons



## Description

Classic French bistro recipe, beef flank steak served with a shallot and red wine sauce and fresh thyme roasted new potatoes.

## Note

In order to prepare this recipe in a quickie 30 minutes, use pre-cooked potatoes. You can prepare a classic beurre marchand de vin by cooking shallots in red wine and then mixing everything with soft butter, off the heat.

## Ingredients

### For the roasted new potatoes

- 600 Gr Baby potatoes
- 4 Sprig(s) Thyme
- 1 Clove(s) Garlic
- 12 Sprig(s) Chives
  
- Olive oil
- Vegetable oil
- Salt and pepper

### For the shallots flank steaks

- 4 Unit(s) Beef flank steak
- 4 Unit(s) Shallot
- 180 Ml Red wine
  
- Olive oil
- Vegetable oil
- Salt and pepper

## Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

### General preparation

Chop the shallots and chives. Finely chop the thyme. Chop the garlic finely.

### Roasted new potatoes preparation

Precook the new potatoes whole in a large volume of salted water for 10 to 12 minutes. Drain, cut

into quarters and place them on a baking sheet. Cover them with a drizzle of olive oil. Season with salt and pepper and sprinkle with thyme. Roast potatoes in the oven for 10 minutes. Add the chopped garlic and chives and mix well.

#### Shallots flank steak preparation

Season the flank steaks with salt and pepper. Heat a skillet with a drizzle of vegetable oil and brown them on both sides. Finish cooking in the oven for about 5 minutes for rare cooking. In the same skillet, add shallots and sweat them a few seconds. Pour the red wine and bring to a boil, and reduce by 1/3.

#### To serve

In each plate, serve the new potatoes using a ring mold and place your flank steak on the side. Drizzle the steak with the shallot sauce.

**Bon appétit!**