

## Seared Steak with Parsnip and Bacon Mash

### Ingredients

- 500g or 3 medium parsnips
- 3 medium potatoes
- 1 tsp salt
- 30g butter
- ¼ cup crème fraîche or sour cream
- Salt & freshly ground black pepper to taste
- 3 rashers streaky bacon, finely chopped
- 350g fillet steak or similar cut
- Garlic sauce

### Method

1. Peel and roughly chop the parsnips and potatoes.
2. Place the parsnip and potato pieces in a pot of salted water and boil until they are tender.
3. Drain off cooking liquid and mash the parsnips and potatoes with the butter and crème fraîche or sour cream until smooth.
4. Add the seasoning. For a smooth texture it's best to mash in the kitchen whizz until creamy.
5. Heat some oil in a small frying pan and sauté the chopped bacon rashers until they are crispy.
6. Heat some oil in a frying pan and sear steak for about 3-4 minutes on each side until cooked to taste or for a delicious alternative, cook the steak on the BBQ.
7. Pour over garlic sauce, salt and pepper and extra herb seasonings.



**So sweet. So fresh. So tasty!**

For deliciously healthy recipe ideas,  
visit [www.sosweet.co.nz](http://www.sosweet.co.nz)

Proudly, passionately grown  
and packed by:

**SOUTHERN CROSS**  
**PRODUCE LIMITED**  
Growers and marketers of fresh produce

