

Garlic Butter Steak and Potato Foil Packs

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Servings: 4 SERVINGS PREP TIME: 10 MIN COOK TIME: 20 MIN

Ingredients

- 2 lbs (900g) flank steak, cut into strips
- 2 lbs (900g) baby Yukon potatoes, washed and quartered
- 2 tablespoons fresh parsley, finely chopped
- 1/2 cup butter, melted
- 4 cloves garlic, finely minced
- 1 teaspoon Italian seasoning
- Juice of 1/2 lemon
- 1 teaspoon crushed red chili pepper flakes, optional
- 1 teaspoon salt and fresh cracked pepper, to taste
- 1 tablespoon grated parmesan, for garnish

The steak marinade:

- 2/3 cup low sodium soy sauce or coconut amino
- 1/4 cup olive oil
- 1 tablespoon hot sauce of your choice, optional (we used Sriracha)
- 1 small crumbled bouillon cube, optional

Steps

1. To make the steak and potato foil packet dinner: In a bowl or Ziplok bag, combine soy sauce, hot sauce, olive oil, and bouillon cube. Mix with the steak strips and let marinate for 30 minutes to overnight in the refrigerator.
2. When ready to cook, preheat your oven to 430°F (220°C). Combine melted butter, lemon juice, fresh parsley, minced garlic, Italian seasoning, hot sauce and crushed chili pepper flakes in a small bowl.
3. Tear four 15-inch (40cm) pieces of heavy duty foil. Divide marinated steak strips and potatoes on the foil sheets. Drizzle generously with the garlic butter sauce, and season with salt and pepper.
4. Fold up the sides of the foil over the steak and potatoes, pressing the seal tightly to prevent any juices from spilling out. Transfer the foil packets on a baking sheet or a tray and bake for 20-25 minutes. You can open steak foil packets being careful of trapped steam, and broil for 3-4 minutes, until charred. Open carefully and sprinkle with grated parmesan and fresh parsley. Enjoy your garlic butter steak and potato foil packs with more of the garlic sauce, if you like!

Notes

- Cooking time will largely depend on the size of your potatoes. If you like your steak well done, slice it in smaller pieces. And the reverse is true: The bigger you cut them, the juicier the steak will be once it's done. It is best you use a cut of steak that will stay tender during the cooking process. Flank, eye fillet, ribeye, porterhouse, top sirloin...
- You can parboil the potatoes 8 minutes to speed up cooking time.
- You can cook your foil packets on the grill, approximately 7 minutes on each side, until potatoes are cooked through.
- If you don't like aluminum, you can use parchment paper to make the packets, but bake them in the oven only, not on the grill.

