



RIBEYE

Pan-Seared Ribeye Steak with Roasted Garlic Potatoes, and Oven-Roasted Asparagus

Prep Time: 30 minutes
Total Time: 2 hours

Cook Time: 1 hour and 30 minutes
Servings: 2

INGREDIENTS

2 Grass Run Farms® Ribeye Steaks

1 bunch of asparagus
Salt

6 cloves of garlic, minced

1 lemon, juiced and zested
Pepper

1 bag baby potatoes

Fresh chopped parsley
7 Tbsp olive oil

PREPARATION

Steak

1. Heat a heavy nonstick skillet or cast-iron skillet over medium heat until hot, for about 5 minutes. (A very hot pan delivers the best sear.)
2. Season steaks with salt and pepper
3. Place steaks in the hot skillet. Do not add oil or water. Do not cover.
4. For the perfect medium-rare steak, sear in a skillet for 12-14 minutes for a 1-inch steak, and 14-16 minutes for a 1 1/2-inch steak, turning about 1 minute before the halfway point. A meat thermometer should read 130°F.
5. Rest your steaks for 5 minutes before serving, covering lightly with foil. The temperature of the meat will continue to rise for as much as 5°F during this. The final temperature will read 135°F for medium rare or 145°F for medium.

Roasted Garlic Potatoes

1. Preheat the oven to 400° F. Grease a large baking sheet with non-stick spray or olive oil and set aside
2. Wash potatoes and chop potatoes into similar-sized pieces
3. In a large bowl, combine olive oil, garlic, salt, and pepper
4. Parboil potatoes in boiling water for 5 to 8
5. Toss the potatoes in oil mixture
6. Transfer the potatoes to a sheet pan and spread in single layer. Roast in the oven for 30 minutes to 1 hour or until browned and crisp. Flip once or twice with a spatula during cooking to ensure even browning.
7. Top with parsley

Oven-Roasted Asparagus

1. Pre-heat oven to 425°F
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with lemon zest, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Recipe Courtesy of Grass Run Farms
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