



V: Bio-Rindersteak mit Tomatensalsa

dazu gebackene Kartoffeln und Zucchini



30-40min



3-4 Personen

Zum saftigen Bio-Rinderhüftsteak servierst du Kartoffeln und Zucchini, die sich im Ofen fast von selbst zubereiten. Die herzhaft-frische Salsa aus Tomaten, Zwiebeln und Basilikum sorgt für den Extrakick Aroma. So schnell, so gut!

- 1kg festkochende Kartoffeln
- 2 Zucchini
- 3 Tomaten
- 1 rote Zwiebel
- 1 Knoblauchzehe
- 10g Basilikum
- 2 Packungen Bio-Rinderhüftsteak

- Salz und Pfeffer
- Zucker
- Olivenöl
- Essig

- Backofen
- Backblech und Backpapier
- große Pfanne

Allergene
Kann Spuren von Allergenen enthalten.

Energie 592kcal, Fett 29.6g,
Kohlenhydrate 48.3g, Eiweiß 33.2g



1. Kartoffeln vorbereiten

A top-down view of a glass bowl containing a colorful salad. The salad consists of diced tomatoes, green herbs, and red onions. The bowl is placed on a light gray, textured surface.

4. Salsa zubereiten

A top-down view of a rectangular metal baking sheet with a light-colored, possibly parchment-lined, surface. The sheet is filled with approximately 30-40 golden-brown, wedge-shaped potato chips. The chips are scattered across the surface, some overlapping. They have a slightly irregular, hand-cut appearance. The edges of the chips are darker and more browned than the centers. The baking sheet is placed on a dark, textured surface, likely a countertop.

2. Kartoffeln rösten

A black frying pan is shown from a top-down perspective, resting on a light grey, textured surface. Inside the pan, two pieces of meat are cooking, their surfaces browned and slightly charred. The pan's handle, which appears to be made of metal, extends to the right. The overall scene is simple and focuses on the cooking process.

5. Fleisch braten

A top-down view of a rectangular metal baking sheet. The sheet is filled with two types of roasted vegetables. On the left side, there are approximately 15-20 golden-brown potato wedges, some showing a slightly charred edge. On the right side, there are about 15-20 small, cubed pieces of zucchini, which are bright green with some darker green skin visible. The vegetables are arranged in two distinct groups, with a small gap between them in the center of the sheet. The background is a plain, light-colored surface.

3. Zucchini schneiden

6. Fleisch schneiden

Das **Fleisch** quer zur Faser in ca. 1cm dicke Tranchen schneiden. Mit dem **Ofengemüse** und der **Salsa** anrichten und servieren.