



V2: Bio-Rindersteak mit Tomatensalsa

dazu gebackene Kartoffeln und Zucchini

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!



30-40min



3-4 Personen

- 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 556kcal, Fett 24.8g,
Kohlenhydrate 48.8g, Eiweiß 35.5g



1. Kartoffeln vorbereiten

A top-down view of a glass bowl containing a colorful salad of diced tomatoes, green herbs, and red onions, set against a light gray background.

4. Salsa zubereiten

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.