

# Pan-Seared New York Strips with Rosemary Potatoes

Serves 4

## Ingredients:

- 1 lb new potatoes, quartered
- 1 tbsp olive oil
- 1 ½ tbsp dried rosemary
- 1 head garlic
- 2 8-10 ounce New York strip steaks, at least 1 inch thick
- 1 tbsp canola oil
- 2 tbsp butter \*
- 3 tbsp plain goat cheese
- 4 cups mixed greens
- ½ cup grape tomatoes, halved
- Balsamic dressing, to taste



## Directions:

1. Preheat your oven to 350. Place the potatoes in a bowl and drizzle olive oil and rosemary over the top. Toss everything together and spread out on a foil-lined baking sheet. Let them roast in the oven for approximately 40 minutes, until browned.
2. Cut the end off of a head of garlic (not the end that has the root, but the other side). Wrap the entire head of garlic in foil, and place in oven as well. This will also need about 40 minutes.
3. Season both sides of your steaks with salt and pepper. When ready to cook, heat a cast iron or heavy-bottomed pan over medium heat. Add canola oil. When the oil is hot but not smoking, add your steaks. To achieve a medium cooking temperature, (pink in the middle, and warm) let them cook for about 5 minutes on the first side and then flip. Once flipped, add in butter. Using a spoon, baste the fat in the pan over the top of the steaks. Let it cook for about 4 minutes on this side, then remove from heat and let rest.
4. To make the garlic goat cheese butter, drain the excess oils from the frying pan into a bowl and set aside. In a separate bowl, add the goat cheese and set aside. Remove garlic clove from oven. Using a pair of tongs, squeeze the cloves out of the garlic head onto a cutting board. Using the back of your knife or a spoon, press the garlic until it becomes a paste. Mix this into the goat cheese. Then pour butter and oil mixture over the top until desired consistency is reached. Set the butter aside.
5. Remove the potatoes from the oven. Plate this dish with a mixed greens and tomato salad, potatoes, and steak. Top the steak with the garlic goat cheese butter and drizzle balsamic over salad.

\* To make this dish with less dairy, use vegan butter.