



# Sirloin Steaks with Roasted Vegetables and Parsley Pesto Sauce

20'  
Hands on

50'  
Cook Time

4  
Portion(s)

1  
Difficulty



## Method

- Preheat oven to 200\* C (390\* F) Fan.
- **Cut** off the root of the celery root and remove the peel. Cut the flesh into small cubes.
- Cut the carrots and celery into pieces or slices. Cut the onion into thin slices. Transfer all the vegetables in a **non-stick baking pan**.
- Add 2 tablespoons olive oil. Season with salt and pepper. Toss and spread vegetables in one layer.
- Roast for 45 minutes. Mix once or twice during roasting, until vegetables become tender and golden brown.

For the parsley pesto sauce

- Beat the olive oil and garlic together in a food processor. Add the parsley, cashews, lemon juice from 1 lemon and beat until mixture is smooth. Add the cashews and process. Add the grated parmesan and pepper. You can add a little water if the taste is too intense or if you don't want it to be so thick.
- You can make the sauce thicker or thinner by adding a small amount of oil or water.

For the steaks

- Heat a **grill pan** over high heat. Spread olive oil over meat and season with salt and pepper. Cook for 4 minutes on each side over medium heat if you like your steaks medium. Cook longer or less, depending on how thick they are and how you like them done.
- Spread 1 tablespoon of butter over the steaks. Sprinkle with rosemary and thyme for added aroma. Remove from heat when ready.
- Cover and allow them to rest for 5 minutes.
- Cut meat into thin slices and serve with roasted vegetables along with the parsley pesto sauce.

## Ingredients

- 2 beef steaks, boneless
- 250 g celery root, cut lengthwise into 4 pieces
- 300 g carrots, cut into 4 pieces
- 3 onions, peeled and chopped into 4 pieces, leaving a small part of the root on so it holds together
- 3 stick(s) celery, cut lengthwise into 2 pieces, and a handful of extra celery
- 2 1/2 tablespoon(s) olive oil
- 1 tablespoon(s) butter
- salt
- pepper
- 1 sprig(s) rosemary
- thyme

For the parsley pesto sauce

- 1 bunch parsley
- 40 g cashews, unsalted
- 1 clove(s) of garlic
- 5 tablespoon(s) olive oil, +extra if needed
- lemon juice, of 1 lemon
- 3 tablespoon(s) parmesan cheese, grated
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

523 Calories (kcal)	35.0 Total Fat (g)	9.4 Saturated Fat (g)	21.0 Total Carbs (g)
26%	50%	47%	8%
14.0 Sugars (g)	27.0 Protein (g)	8.1 Fibre (g)	1.2 Sodium (g)
16%	54%	32%	20%