

Foodnity Recipes

Steak and Potatoes with Buffalo Sauce

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (1-inch thick) strip or ribeye steaks
- [ ] 2 tablespoons olive oil, divided
- [ ] 1 ½ pounds baby potatoes
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper

Buffalo Sauce

- [ ] ½ cup Frank's RedHot Buffalo Sauce
- [ ] ½ cup unsalted butter
- [ ] 1 tablespoon honey
- [ ] 1 teaspoon smoked paprika
- [ ] 1/4 teaspoon cayenne pepper

Garnish and Serving

- [ ] 2 tablespoons fresh parsley, chopped
- [ ] Optional: ¼ cup blue-cheese crumbles or ranch dressing for serving

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). Now, give those baby potatoes a good wash and pat them dry—it really helps them crisp up. If any of them look a bit too big (over an inch), just slice them in half so they cook evenly.

2. In a large bowl, toss your potatoes with 1 tablespoon of olive oil, 1 teaspoon garlic powder, 1 teaspoon salt, and ½ teaspoon black pepper. Spread them out in an even layer on a baking sheet. Roast them for 20 minutes, and honestly, don't forget to turn them halfway through so they get golden and tender all over.

3. While the potatoes are doing their thing in the oven, pat your steaks dry with some paper towels. Season both sides generously with salt and pepper. I like to let them rest on a plate for about 5 minutes; it just helps them reach room temperature so they sear better.

4. Heat up your cast-iron skillet over high heat and add the remaining 1 tablespoon of olive oil. Once that oil starts to shimmer, go ahead and add the steaks. Sear each side for about 3–4 minutes. You're looking for a beautiful crust and an internal temperature of 130–135°F for medium-rare.

5. Move the steaks over to a cutting board and tent them loosely with foil. Let them rest for 5 minutes. I know it's tempting to dive in, but this keeps all those precious juices right where they belong—inside the meat.

6. Now for the good part. In a small saucepan over low heat, whisk together the butter, buffalo sauce, honey, smoked paprika, and cayenne. Warm it for 2–3 minutes, stirring constantly, until it’s silky, aromatic, and just looks right.

7. Carefully slice your rested steaks into thin strips. You can put them right back into the skillet or a large bowl—whatever feels easier for you.

8. Add those lovely roasted potatoes in with the steak strips. Drizzle that warm buffalo sauce over everything and toss gently. Just make sure every single piece is well coated in that sauce.

9. Transfer everything to a serving platter. Sprinkle on the chopped parsley, and if you’re feeling fancy, scatter some blue-cheese crumbles or add a dollop of ranch dressing on top.

10. Serve it up immediately while it’s still hot. I usually put a little extra buffalo sauce on the side for those guests who like a bit more of a kick.

Nutrition per serving

680 kcal	42 g	24 g	48 g
Calories	Protein	Carbs	Fat

Tips & notes

- Resting the steak is non-negotiable if you want it juicy.
- Cast-iron is best for that deep, brown crust we all love.
- Honey adds a subtle balance to the heat of the buffalo sauce.