

Foodnity Recipes

Steak and Potatoes with Mediterranean Herbs

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

For the Roasted Potatoes

- [ ] 4 medium russet potatoes (about 1½ lb total)
- [ ] 2 tbsp extra-virgin olive oil
- [ ] ½ tsp sea salt
- [ ] ½ tsp freshly ground black pepper
- [ ] 1 tbsp fresh rosemary – chopped
- [ ] 1 tbsp fresh thyme – chopped
- [ ] 1 tsp dried oregano
- [ ] 1 tsp smoked paprika
- [ ] ¼ tsp red pepper flakes (optional)

For the Steaks

- [ ] 4 ribeye steaks (1.5-inch thick)
- [ ] 1 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 cloves garlic – minced
- [ ] 1 tbsp unsalted butter
- [ ] ½ tsp sea salt
- [ ] ½ tsp freshly ground black pepper – plus extra for seasoning

For Garnish

- [ ] Fresh parsley – chopped, for garnish
- [ ] Lemon wedges – optional garnish

Instructions

1. First, let's get the oven warming up to 400°F (204°C). While that's doing its thing, go ahead and wash your potatoes and cut them into 1-inch wedges. I like them a bit rustic, so don't worry if they aren't perfectly identical.

2. In a large bowl, toss those potato wedges with 2 tbsp extra-virgin olive oil, sea salt, freshly ground black pepper, fresh rosemary – chopped, fresh thyme – chopped, dried oregano, smoked paprika, and the red pepper flakes (if you're feeling a bit spicy). Just toss them until everything is evenly coated. Wow, the smell of those herbs is just lovely.

3. Spread the seasoned wedges in a single layer on the baking sheet. Pop them in the oven for 25–30 minutes. Now, don't forget to flip them halfway through—that's how you get them golden brown and fork-tender all over.

4. While the potatoes are roasting, pat your ribeye steaks dry with paper towels—this is key for a good sear. Season both sides generously with sea salt and freshly ground black pepper. In a small bowl, whisk together the fresh lemon juice, the remaining 1 tbsp extra-virgin olive oil, and minced garlic. Brush this bright little mixture over all sides of the steaks.

5. Heat your cast iron skillet over high heat. I mean, really high—wait until it starts to smoke just a bit. Carefully add the steaks and sear for 4–5 minutes per side for medium-rare (130°F interior), or just a bit longer if you prefer. You're aiming for a deep, caramelized crust that looks just right.

6. During the last minute of cooking, melt the unsalted butter in the pan and add a splash of that lemon-garlic mixture. Use a spoon to baste the steaks with the buttery sauce. It adds such a rich, polished flavor.

7. Move the steaks to a plate and tent them loosely with aluminum foil. Let them rest for 5 minutes. I know it's hard to wait, but it lets the juices settle back into the meat.

8. If there are any herbs or bits of garlic left in the pan, just swipe them right onto the roasting pan with the potatoes and give them a quick stir to soak up all that extra steak flavor. Honestly, that's the best part.

9. Slice your rested steaks against the grain. Serve them alongside those roasted potatoes, drizzle over any remaining pan juices, and sprinkle with some fresh parsley.

10. Present your plate with lemon wedges on the side and a light drizzle of extra-virgin olive oil. Enjoy it right away while it's hot!

Nutrition per serving

780 kcal	62 g	34 g	52 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the meat dry is essential for that deep brown crust.
- Tossing the potatoes in a single layer prevents steaming and ensures crispiness.
- Resting the meat is non-negotiable for a juicy result.