

Steak with Garlic Pea Purée

A succulent steak paired with a creamy garlic pea purée, offering a delightful combination of flavors. This dish is perfect for a quick yet elegant meal for one.



25 min

Total time

medium

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 36 g

Carbs 24 g

Fat 24 g

Fiber 7 g · Sugar 8 g · Sodium 500 mg

Ingredients

- 1 ribeye steak (about 200g)
- 1 cup fresh or frozen peas
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- Lemon zest (optional, for garnish)

Substitutions

Ribeye steak – A strip steak of similar thickness

Butter – An equal amount of olive oil for a less buttery finish

Fresh or frozen peas – An equal amount of frozen petite peas

Steps

- 1 Season the ribeye steak with salt and pepper on both sides.
- 2 In a skillet over medium-high heat, add olive oil. Once hot, add the steak and cook for about 4-5 minutes on each side for medium-rare, or to your desired doneness.
- 3 Remove the steak from the skillet and let it rest for 5 minutes.
- 4 In the same skillet, add the minced garlic and sauté for about 30 seconds until fragrant.
- 5 Add the peas and a splash of water, cover, and cook for 3-4 minutes until the peas are tender.
- 6 Transfer the peas and garlic to a blender, add butter, and blend until smooth. Season with salt and pepper.
- 7 Slice the steak and serve it on a plate with a generous spoonful of the garlic pea purée. Garnish with lemon zest if desired.

Chef's tips

- A good purée should look glossy and hold a soft mound; if it seems stiff, blend in a little more water.
- Avoid browning the garlic, which can make the purée taste bitter.
- Use a small blender or food processor for one serving; pause to scrape down the sides for an even texture.

Drink pairing

A medium-bodied red like a Rioja

Its ripe fruit and balanced structure complement the ribeye while standing up to the garlic and creamy peas.

0% option: Sparkling water with lemon

Storage

Refrigerate cooked steak and pea purée in separate airtight containers within 2 hours; keep for 3-4 days. Reheat until steaming hot, though the steak may become more done.

Frequently asked questions

How can I tell if the steak is medium-rare?

Look for a browned exterior and a warm, pink center when sliced. Cooking time varies with steak thickness and skillet heat.

Can I make the pea purée ahead?

Yes. Make it earlier the same day and refrigerate promptly; it may thicken as it chills, so loosen it with a little water when reheating.

What should I serve alongside it?

A crisp green salad or simply cooked green vegetables add freshness without competing with the rich steak and buttery purée.