

Striploin Steak with Corn and Herby Potatoes: A Perfect Dinner

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OVEN
400°F

TIME
35 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Striploin:

2 striploin steaks (about 1 inch thick)

Salt & black pepper

1 tbsp olive oil

2 cloves garlic, smashed

2 sprigs fresh thyme or rosemary

1 tbsp butter (for basting)

For the Herby Potatoes:

3-4 medium potatoes, diced

2 tbsp olive oil

1 tsp garlic powder

1 tsp dried rosemary or thyme

Salt & pepper to taste

Fresh parsley (for garnish)

For the Corn:

2 ears of corn (or 121 cups corn kernels)

1 tbsp butter

Salt to taste

Optional: sprinkle of chili flakes or smoked paprika

Swaps and Notes:

Steak: Striploin steak is a great choice for this recipe due to its marbling and flavor. You can also use other cuts like a ribeye or a sirloin. The key is to choose a steak that is about 1 inch thick for a good sear and even cooking.

Potatoes: Yukon Gold or russet potatoes are great choices for roasting. They get wonderfully crispy on the outside while staying fluffy on the inside. You can also use sweet potatoes for a sweeter flavor profile.

Herbs: Fresh thyme or rosemary adds a wonderful, fragrant flavor to the steak. The dried herbs on the potatoes give them an earthy, savory taste. You can also use other herbs like sage or oregano.

Corn: Fresh corn on the cob is best, but you can also use frozen corn kernels for convenience. The chili flakes or smoked paprika add a little kick and a smoky flavor that is a great complement to the buttery corn.

Basting: Basting the steak with butter, garlic, and herbs is a crucial step. It adds an incredible amount of flavor and ensures the steak is juicy and tender.

Instructions:

Make the Potatoes: Preheat your oven to 400°F (200°C). In a large bowl, toss the diced potatoes with olive oil, dried herbs, garlic powder, salt, and pepper. Spread the potatoes in a single layer on a baking sheet. Roast for 30-35 minutes, flipping them halfway through, until they are golden and crispy.

Cook the Corn: While the potatoes are roasting, cook the corn. You can either boil it, grill it, or sauté it. Cook for about 5-7 minutes until it is tender. Toss the corn with butter and season with salt. Add chili flakes or paprika for an extra kick.

Cook the Steak: Pat the striploin steaks dry with a paper towel. Season them generously with salt and pepper. Heat olive oil in a cast-iron skillet over medium-high heat. Once the oil is shimmering, add the steaks and sear for 2-3 minutes per side.

Baste the Steak: Reduce the heat to low. Add the butter, smashed garlic, and fresh herbs to the pan. Tilt the skillet and use a spoon to baste the steaks with the melted butter for 1-2 minutes.

Cook the steak to your preferred doneness, using a meat thermometer to check. For medium-rare, the internal temperature should be about 130°F (54°C).

Rest the Steak: Remove the steaks from the skillet and let them rest for 5-10 minutes before slicing. This is a crucial step that allows the juices to redistribute, ensuring a tender and juicy steak.

Assemble the Plate: Slice the steak against the grain, and plate it with the crispy herby potatoes and buttery corn. Garnish with fresh parsley or thyme.

Tips for Success:

Pat the Steak Dry: Moisture is the enemy of a good sear. Patting the steak dry before seasoning

ensures you get a beautiful, browned crust.

Use a Meat Thermometer: The best way to know if your steak is cooked to your preferred doneness is to use a meat thermometer.

DIRECTIONS

1. **Make the : Potatoes:** Preheat your oven to 400°F (200°C). In a large bowl, toss the diced potatoes with olive oil, dried herbs, garlic powder, salt, and pepper. Spread the potatoes in a single layer on a baking sheet. Roast for 30 35 minutes, flipping them halfway through, until they are golden and crispy.
2. **Cook the : Corn:** While the potatoes are roasting, cook the corn. You can either boil it, grill it, or sauté it. Cook for about 5 7 minutes until it is tender. Toss the corn with butter and season with salt. Add chili flakes or paprika for an extra kick.
3. **Cook the : Steak:** Pat the striploin steaks dry with a paper towel. Season them generously with salt and pepper. Heat olive oil in a cast-iron skillet over medium-high heat. Once the oil is shimmering, add the steaks and sear for 2 3minutes per side.
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6. **Assemble the : Plate:** Slice the steak against the grain, and plate it with the crispy herby potatoes and buttery corn. Garnish with fresh parsley or thyme.
7. **Tips for Success: Pat the Steak Dry:** Moisture is the enemy of a good sear. Patting the steak dry before

seasoning ensures you get a beautiful, browned crust.

8. Use a : Meat Thermometer: The best way to know if your steak is cooked to your preferred doneness is to use a meat thermometer.
9. Don't : Overcrowd the Pan: When roasting the potatoes, make sure they are in a single layer. If the pan is too crowded, they will steam instead of roast, and you'll miss out on those delicious crispy edges.
10. Rest the : Steak: Don't skip the resting step! This is essential for a juicy, tender steak. Resting allows the juices to flow back into the meat, instead of running out all over the plate.
11. Serving Suggestions and Pairings: This meal is a complete, balanced plate on its own. For a drink pairing, a full-bodied red wine like a Cabernet Sauvignon or a Merlot would be a perfect complement to the rich, savory flavors of the steak.
12. Nutritional Information: (Please note that this is an estimate and will vary based on specific brands and portion sizes)
13. This is a hearty, satisfying meal that is a good source of protein from the steak. The potatoes provide carbohydrates, and the corn and fresh herbs provide vitamins and fiber. While it is higher in calories, it's a delicious and well-rounded meal.
14. Storage and Leftover Tips: Leftovers of this dish are wonderful! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, the best method is to use a toaster oven or air fryer to bring back some of the crispy texture of the potatoes. You can also reheat the steak in a skillet over low heat until it's hot again.
15. Final Thoughts: This Striploin Steak with Corn and Herby Potatoes recipe is a timeless classic for a reason. It's a comforting, delicious, and easy meal that is perfect for any occasion. The combination of a perfectly cooked steak and delicious roasted vegetables is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

SWAPS & NOTES

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You can also use other cuts like a ribeye or a sirloin.

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Potatoes : Yukon Gold or russet potatoes are great choices for roasting.

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Don't Overcrowd the Pan : When roasting the potatoes, make sure they are in a single layer.

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