

STEAK AND TURNIP FOIL PACKET



SERVING SIZE

1



INGREDIENTS

ITEM

Lean steak, cut into cubes
Turnips, peeled and diced
Olive oil or cooking spray
Garlic clove, minced

QUANTITY

4-6 oz
2 cups
1 tsp
1

ITEM

Salt
Black pepper
Dried thyme or rosemary
Red pepper flakes (optional)

QUANTITY

To taste
To taste
¼ tsp
Optional



PREPARATION

- Preheat oven to 400°F (200°C).
- Place steak cubes and diced turnips in a bowl. Add olive oil, garlic, salt, black pepper, thyme (or rosemary), and red pepper flakes if using. Toss well to coat.
- Transfer the mixture onto a large sheet of aluminum foil. Fold the foil over the ingredients and seal tightly to form a packet.
- Place the foil packet on a baking sheet and bake for 20-25 minutes, until steak is cooked and turnips are tender.
- Carefully open the packet (watch for steam) and serve immediately.