



# Sansho steak & potatoes casserole

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 beef steaks
- 2 tablespoons of sake
- 1/2 tablespoon of sansho
- 1 tablespoon of oil

For casserole:

- 2 large potatoes, peeled and sliced
- 1 zucchini, sliced
- 1 red onion, halved and sliced
- 3 cloves of garlic, minced
- 50 grams of almond slices
- 1 teaspoon of curry
- pinch of salt
- dash of freshly ground black pepper
- 1 cup of yoghurt
- 100 grams of spinach, torn
- 1 tablespoon of oil

## Instructions

1. Marinate steaks in sake, about 1 hour.
  2. Heat oil, fry garlic, onion and almond flakes about 3 minutes.
  3. Brush casserole dish with oil, layer with potato slices and zucchini slices alternately, sprinkle with fried garlic, red onion and almonds.
  4. Mix yoghurt with curry, salt and pepper.
  5. Pour over the vegetables.
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6. Bake 25 minutes covered and 5 minutes uncover, under grill.
  7. Heat oil, sprinkle steaks with sansho and fry 4 minutes at each side - it will be middle done.
  8. Serve with slice of vegetable casserole.