



AIR FRYER GARLIC STEAK AND POTATO FOIL PACKETS

Description

These Garlic Butter Steak and Potato Foil Packets are an easy family dinner recipe for summer. Cook them on the grill/campfire or in the oven!

PREPARATION TIME

Prep 15minutes
Cook 25 minutes
Total 40 minutes

Ingredients

- ?1 ½ pounds steak sirloin is my favorite cut here
- ?1 pound baby potatoes cut into ½ inch pieces (halving or quartering usually does it for me)
- ?1 onion peeled, halved and then thinly sliced
- ?1 tablespoon olive oil
- ?2 tablespoons chopped fresh parsley
- ?1 tablespoon minced garlic or more to taste
- ?1 tablespoon Italian seasoning
- ?salt and pepper to taste
- ?2 tablespoons butter cubed

Instructions

Par-boil the potatoes (highly recommended):

Place the sliced potatoes in a pot of boiling, salted water and cook for 5 minutes. Drain immediately and place in a large bowl. Allow to sit until cool enough to handle, about 10 minutes.

Make the foil packets:

Prep the steak: Cut the steak into pieces (2.5 – 3 inches for well done, 3 – 4 inches for medium, 5 inches for rarer steak). Marinate it if you like.

Combine ingredients: Place the steak, potatoes, onion, olive oil, parsley, garlic, Italian seasoning, salt and pepper in a large bowl and toss well.

Assemble foil packets: Set out 4 pieces of aluminum foil, at least 12×12 inches. Evenly divide the steak and potatoes between the middles of the foil sheets. Top with butter cubes, then fold the foil over the steak and potatoes and seal well.

Cook the foil packets:

On the grill/fire: On a HOT grill, cook the foil packets for 8-10 minutes per side, or until the potatoes are tender (exact grilling time can vary depending on type of foil used, exact oven temperature, size of steak, etc.! I recommend an oven thermometer to check on the steak after about 10 minutes to gauge how much longer it will need!) If you're cooking the packets on a fire without a grilling rack, place them on a 2-inch bed of coal.

In the oven: Bake the steak foil packets at 425°F for around 20 minutes, or until done to your liking (exact baking time can vary depending on type of foil used, exact oven temperature, size of steak, etc.! I recommend an oven thermometer to check on the steak after about 15 minutes to gauge how much longer it will need!). If you want a char on the steaks, open the packets and broil for 1-2 minutes at the end.

Careful when opening the packets – hot steam and juices ahead!

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Nutrition

Serving: 1 foil packet Calories: 402kcal Carbohydrates: 24g Protein: 41g Fat: 15g Saturated

Fat: 6g Cholesterol: 115mg Sodium: 155mg Potassium: 1152mg Fiber: 4g Sugar: 2g Vitamin A: 365IU
Vitamin C: 28mg Calcium: 84mg Iron: 4mg

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Author
rauf

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