

Striploin Steak with Mashed Potatoes & Garlicky Spinach Sauté



35 minutes | 2 servings

Find cookware

[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[potato masher](#)
[small saucepan](#)
[stainless steel or cast iron skillet](#)
[tongs](#)
[vegetable peeler](#)

Grab ingredients

½ (5 oz) pkg	baby spinach
2 cloves	garlic
¾ lb	striploin (New York strip) steak
2 medium	yellow potatoes
	black pepper
	butter, unsalted
	salt
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce. (Skip the spinach if it came pre-washed.)
2 medium yellow potatoes
½ (5 oz) pkg baby spinach
- 2 Peel and quarter the potatoes lengthwise (into wedges); transfer to a small saucepan. Cover with hot water (from the tap) by about 1 inch and bring to a boil over high heat.
- 3 Preheat a skillet over medium-high heat.
- 4 While the skillet heats up, pat the steak dry with paper towels and place on a plate; season generously with salt and pepper on both sides.
¾ lb striploin (New York strip) steak
½ tsp salt
¼ tsp black pepper
- 5 Once the skillet is hot, add coconut oil and swirl to coat the bottom.
½ tbsp virgin coconut oil
- 6 Carefully place the steak in the skillet; flipping every 15 to 30 seconds, cook the steak until desired doneness (5 to 7 minutes for medium-rare). (Use a thermometer or cut into the steak to check the doneness.) Once done, transfer the steak to a plate, leaving any juices in the skillet, and let it rest for 5 to 10 minutes.
- 7 Once the water in the saucepan is boiling, reduce the heat to medium and cook until the potatoes are tender when pierced with a knife, 8 to 12 minutes. Once done, reserve about ½ cup of liquid and drain the rest. Cover the saucepan to keep warm.
- 8 Trim off and discard the root ends of the garlic; peel and mince or press the garlic.
2 cloves garlic

- 9 Once the steak has been transferred, reduce the heat to medium and add the garlic and spinach to the skillet; season with salt and pepper. Stir until the spinach is just wilted, 1 to 2 minutes, then remove from the heat.

$\frac{1}{4}$ tsp salt
 $\frac{1}{6}$ tsp black pepper

- 10 Add $\frac{1}{2}$ of the reserved liquid, butter, salt, and pepper to the potatoes; mash with a potato masher until smooth. Add more liquid to thin out the mash if needed.

1 tbsp butter, unsalted
 $\frac{1}{4}$ tsp salt
 $\frac{1}{6}$ tsp black pepper

- 11 To serve, divide the mashed potatoes between plates and top with the spinach sauté, then add the steak on the side. Enjoy!