Prep Time: 10 minutes
Cook Time: 18–20 minutes
Total Time: 30 minutes
Servings: 4

Table of Contents

- Ingredients
- Instructions
- Intensity and Timing Guide
- Nutrition (per serving, estimated)

Ingredients

For the Potatoes:

- 1.5 lbs baby gold potatoes, quartered
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp salt

For the Steak Bites:

- 2 lbs sirloin or ribeye steak, cut into 1-inch cubes
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp black pepper

For the Garlic Butter Finish:

- 3 cloves garlic, minced
- 2 oz butter, melted
- 1 tbsp fresh parsley, chopped

Instructions

1. Preheat the Air Fryer
Set your air fryer to 400°F (200°C) and allow it to preheat for 3–5 minutes. Preheating is important here: it helps the potatoes start crisping immediately rather than steaming .

2. Season the Potatoes
In a large bowl, toss the quartered baby potatoes with olive oil, smoked paprika, garlic powder, and salt. Make sure every piece is evenly coated. The potatoes are the foundation of this dish, so take a moment to distribute the seasoning well.

3. Air Fry the Potatoes (First Stage)
Place the seasoned potatoes into the air fryer basket in a single layer. Cook at 400°F (200°C) for 10 minutes. Shake the basket halfway through to promote even browning . The potatoes should be starting to soften and develop light golden edges.

4. Marinate the Steak
While the potatoes cook, prepare the steak. In a separate bowl, combine the steak cubes with olive oil, soy sauce, Worcestershire sauce, garlic powder, and black pepper. Toss well. The soy sauce and Worcestershire sauce do more than add flavor—they help the steak surface caramelize faster in the air fryer, giving you better browning in a short cooking window . Let the steak sit in the marinade while the potatoes finish their first stage.

5. Add the Steak to the Basket
After the potatoes have cooked for 10 minutes, open the basket and push the potatoes to the sides to create space in the center. Add the marinated steak bites in a single layer in the center. Do not overcrowd the basket—if the steak pieces are piled on top of each other, they will steam rather than sear . If your air fryer is small, cook the steak in two batches.

6. Air Fry Everything Together (Second Stage)
Cook at 400°F (200°C) for another 6–8 minutes. Start checking at the 6-minute mark. For medium-rare, aim for an internal temperature of about 130–135°F; for medium, 140–145°F . The exact time depends on the size of your steak cubes and the wattage of your air fryer, so

rely on the thermometer rather than the clock for the final decision.

7. Make the Garlic Butter
While the steak and potatoes finish cooking, melt the butter in a small saucepan or microwave-safe bowl. Stir in the minced garlic and chopped parsley.

8. Toss and Serve
Transfer the hot steak bites and potatoes to a large bowl. Pour the garlic butter mixture over the top and toss immediately. The residual heat gently cooks the raw garlic, making it fragrant and mellow rather than sharp . Serve right away, with extra parsley sprinkled on top if you like.

Intensity and Timing Guide

Stage	Temperature	Time	Intensity	What to Watch For
Preheat	400°F (200°C)	3–5 min	Low	Air fryer reaches temperature
Potatoes, first stage	400°F (200°C)	10 min	Medium	Shake basket at 5 minutes; edges begin to brown
Steak and potatoes together	400°F (200°C)	6–8 min	High	Check steak at 6 minutes; potatoes should be fork-tender
Garlic butter toss	Off heat	1 min	Low	Toss immediately so garlic mellows in residual heat

Doneness Guide for Steak Bites:

- Rare: 4–5 minutes (120–125°F)
- Medium-rare: 5–6 minutes (130–135°F)

- Medium: 6–7 minutes (140–145°F)
- Medium-well: 7–8 minutes (150–155°F)
- Well done: 8+ minutes (160°F+), though texture will be firmer

---

Nutrition (per serving, estimated)

Nutrient	Amount
Calories	~800 kcal
Protein	~50 g
Carbohydrates	~32 g
Fat	~53 g
Saturated Fat	~23 g
Fiber	~4 g
Sodium	~1170 mg
Cholesterol	~169 mg