

- Prep Time: 15 minutes
- Cook Time: 25 minutes
- Total Time: 40 minutes
- Servings: 4
- Recipe Intensity / Difficulty Level: Easy / Beginner-Friendly. (No advanced culinary skills are required. If you can chop ingredients into even pieces and wrap foil, you can master this recipe. The intensity is low because the foil packet does all the heavy lifting for you by trapping moisture and preventing the meat from drying out.)

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The Ingredients You Will Need

To make these flavor-packed foil meals, you only need a handful of simple, accessible ingredients. The quality of your meat and the freshness of your herbs will make a massive difference in the final result.

- **Steak (1.5 lbs):** Top sirloin, New York strip, or ribeye are the best choices for this recipe. Top sirloin is highly recommended as it is relatively inexpensive, lean but tender, and holds its shape beautifully when cut into chunks.
- **Potatoes (1 lb):** Baby yellow (Yukon Gold) or baby red potatoes work best because they have thin skins and a naturally buttery texture. You can leave the skins on; just wash them well and chop them into small, bite-sized pieces.
- **Butter (1/2 cup, melted):** Unsalted butter is preferred so you can control the overall sodium level of the dish.
- **Garlic (4 cloves, minced):** Fresh garlic is essential here. It infuses into the butter and coats every single bite of steak and potato.
- **Fresh Herbs:** 1 tablespoon of fresh chopped parsley, plus 1 teaspoon of fresh thyme or rosemary.
- **Seasonings:** 1 teaspoon of salt, 1/2 teaspoon of freshly cracked black pepper, and 1/2 teaspoon of paprika (smoked paprika adds a wonderful campfire-like flavor if you are cooking indoors).
- **Olive Oil (1 tablespoon):** Added to the butter mixture to prevent the butter from

burning at high heat.

- Optional Add-ins: Diced onions, sliced baby portobello mushrooms, or even some sliced hot banana peppers and jalapeños if you prefer a spicy kick!

Step-by-Step Instructions

Step 1: Prep the Ingredients The most critical step in this recipe is ensuring your ingredients are cut to the right size. Because steak cooks faster than potatoes, you need to cut the potatoes quite small (about 1/2-inch cubes) while leaving the steak pieces a bit larger (about 1-inch to 1.5-inch cubes). This size difference ensures that by the time the potatoes are fork-tender, the steak is perfectly cooked and not tough or well-done.

Step 2: Create the Garlic Butter Sauce In a small mixing bowl, whisk together the melted unsalted butter, olive oil, minced garlic, fresh parsley, thyme, paprika, salt, and black pepper.

Step 3: Toss it All Together Place your diced steak and chopped potatoes into a large mixing bowl. Pour the garlic butter mixture directly over the top. Use a large spoon or a spatula to toss everything together vigorously. Make sure every single piece of meat and potato is glistening and thoroughly coated in the herb butter.

Step 4: Assemble the Foil Packets Tear off four large sheets of heavy-duty aluminum foil (about 12×12 inches each). Divide the steak and potato mixture evenly among the center of the four foil sheets. Make sure to scrape the bowl to get all those leftover buttery juices!

To seal the packets, bring the two longest edges of the foil together over the food and fold them down tightly a few times. Then, roll up the side edges to completely seal the packet. Leave a little bit of empty space inside the packet for the heat and steam to circulate, but ensure the seals are completely closed so no juices leak out.

Step 5: Cook *See the section below for specific cooking methods.*

Step 6: Garnish and Serve Carefully open the foil packets (watch out for the hot steam that will escape!). Garnish with a little extra fresh chopped parsley or a sprinkle of Parmesan cheese, and serve immediately right out of the foil for zero-dish cleanup.

3 Ways to Cook Your Foil Packets

One of the best things about this recipe is its versatility. You can adapt it to whatever cooking appliance you prefer to use.

1. The Oven Method (Standard)

Preheat your oven to 425°F (220°C). Place the sealed foil packets on a large baking sheet (just in case any butter leaks out). Bake on the middle rack for 20 to 25 minutes, or until the potatoes are completely fork-tender and the steak is cooked to your liking. If you want a little caramelization at the end, open the tops of the foil packets during the last 3-4 minutes and switch the oven to broil.

2. The Air Fryer Method

If you love fast, efficient cooking, the air fryer is brilliant for this. Place 1 or 2 foil packets into your air fryer basket (do not overcrowd; cook in batches if necessary depending on the size of your machine). Air fry at 400°F (200°C) for 15 to 18 minutes. Check one packet at the 15-minute mark to test the potatoes for doneness.

3. The Grill Method

Preheat your outdoor grill to medium-high heat. Place the foil packets directly onto the grill grates. Close the grill lid and cook for 15 to 20 minutes, rotating the packets halfway through the cooking time to ensure even heat distribution. This method imparts a fantastic, subtle smoky flavor to the meal.

Pro-Tips for Success

- Always use heavy-duty foil: Standard foil is too thin and will likely tear when you try to fold it, or worse, tear while you are taking it off the grill or out of the oven. If you only have standard foil, use a double layer for each packet.
- Do not overstuff: If you pack too much food into one packet, the ingredients will steam instead of roasting, and the cooking time will take much longer. Stick to the 4-packet ratio.
- Meal Prep friendly: You can chop the steak and potatoes up to a day in advance and store them in the fridge. However, do not add the garlic butter sauce until right before cooking, as the salt will begin to draw moisture out of the steak if left sitting too long.

Nutrition Information

(Nutritional values are estimates and can vary based on the specific cut of steak used and the exact portion sizes).

Serving Size: 1 foil packet

- Calories: 510 kcal
- Protein: 36 g
- Fat: 32 g

- Saturated Fat: 16 g
- Carbohydrates: 21 g
- Dietary Fiber: 3 g
- Sugars: 1 g
- Sodium: 680 mg
- Cholesterol: 135 mg