



# Mushroom 'Steak Diane'

with Asparagus Amandine and Roasted Potatoes

Special 30 Minutes

Customized Protein + Add ↻ Swap or ×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

<span>↻</span> Swap	<span>×2</span> Double
Striploin Steak	Striploin Steak
370 g   740 g	740 g   1400 g



Top Sirloin Steak	Garlic, cloves
285 g   570 g	2   4
Worcestershire Sauce	Cream Sauce Spice Blend
1 tbsp   1 tbsp	1 tbsp   2 tbsp
Cream	White Cooking Wine
56 ml   113 ml	4 tbsp   8 tbsp
Beef Broth Concentrate	Mushrooms
1   2	113 g   227 g
Red Potato	Asparagus
400 g   800 g	227 g   454 g
Almonds, sliced	Chives
28 g   56 g	7 g   7 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Pepper, Salt, Unsalted Butter, Oil

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper

1



### Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into 2-inch pieces.
- Add **potatoes** and **2 tsp** (4 tsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-22 min.

2



### Prep and toast almonds

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, thinly slice **mushrooms**.
- Add **almonds** to the dry pan. Toast, stirring occasionally, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **almonds** to a plate.
- Trim and discard bottom 1-inch from **asparagus**.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.

3



### Cook steak

- Swap | **Striploin Steak**
- \*2 Double | **Striploin Steak**
- Meanwhile, reheat the same pan (from step 1) over medium-high. While the pan heats, pat **steak** dry with paper towels. Season with **salt** and **pepper**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**.
- Sear until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **steak** to an unlined baking sheet. Roast in the **top** of the oven until cooked to desired doneness, 6-8 min. \*\* Transfer **steak** to a clean cutting board. Set aside to rest, 2-3 min.

4



### Cook mushroom sauce

- Meanwhile, heat a medium pot over medium-high heat. When hot, add **1 ½ tbsp** (3 tbsp) **butter**, then swirl the pot until melted.
- Add **mushrooms**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **mushrooms** are golden, 4-5 min. Sprinkle **Cream Sauce Spice Blend** and **half the garlic** over **mushrooms**. Cook, stirring often, until fragrant, 30 sec. Remove the pan from heat. Add **cooking wine**, whisking until slightly reduced, 20 sec. Return the pan to medium, then whisk in **broth concentrate**, **cream** and **¼ cup** (½ cup) **water** until smooth. Bring to a simmer, whisking occasionally, until slightly thickened, 3-4 min.

5



### Cook asparagus

- Meanwhile, reheat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **asparagus**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Season with **salt** and **pepper**.

6



### Finish and serve

- Add **half the Worcestershire sauce** (use all for 4 ppl) to the pot with **mushroom sauce**. Season with **salt** and **pepper**, then stir to combine.
- Add **half the chives** and **½ tbsp** (1 tbsp) **butter** to the baking sheet with **potatoes**. Toss until **butter** melts and coats **potatoes**.
- Thinly slice **steak**.
- Divide **potatoes**, **steak** and **asparagus** between plates.
- Spoon **mushroom sauce** over **steak**.
- Sprinkle **almonds** over **asparagus**.
- Sprinkle **remaining chives** over plate.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

### 3 | Cook steak

Swap | **Striploin Steak**

If you've opted for **striploin steak**, prep and sear the same way the recipe instructs you to prep and sear the **beef steak**, then increase roast time to 6-10 min. Continue with recipe as written.\*\*

### 3 | Cook steaks

\*2 Double | **Striploin Steak**

If you've opted for **double striploin steak**, prep and sear it in the same way the recipe instructs you to cook the **regular portion of beef steak**. Work in batches, if necessary. Increase roast time to 6-10 min. Continue with recipe as written.\*\*

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.