



Bourguignon-Inspired Steak Dinner

with 'Vichy' Carrots and Mushroom Pan Sauce

Special

45 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)

↻ Swap	*2 Double
Striploin Steak 370 g 740 g	Striploin Steak 740 g 1480 g



Top Sirloin Steak 285 g 570 g	Bacon Strips 100 g 200 g
Russet Potato 2 4	Carrot 2 4
Mixed Mushrooms 200 g 400 g	Shallot 1 2
Parsley and Thyme 14 g 21 g	Cream 113 ml 237 ml
White Cooking Wine 4 tbsp 8 tbsp	Beef Broth Concentrate 2 4
Gravy Spice Blend 1 tbsp 2 tbsp	Garlic Salt 1 tsp 2 tsp

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 | Butter, sugar, oil, salt, pepper

Cooking utensils | 8x8" baking dish, aluminum foil, baking sheet, large non-stick pan, large pot, measuring spoons, potato masher, strainer, vegetable peeler

1



Start carrots

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then cut **carrots** into ¼-inch rounds.
- Add **carrots**, **half the thyme sprigs**, **half the garlic salt**, **1 tsp** (2 tsp) **sugar**, **2 tbsp** (4 tbsp) **butter** and **2 tbsp** (4 tbsp) water to a 8x8-inch baking dish [9x13-inch for 4 ppl]. Season with **pepper**. Toss to coat.
- Wrap tightly with foil. Roast in the **bottom** of the oven, stirring halfway, until **carrots** are tender and lightly glazed, 24-28 min.

2



Cook bacon and start mash

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **bacon**. Cook, flipping occasionally, until crispy, 6-9 min.**
- While **bacon** cooks, peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water to cover by approx. 1 inch** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer, uncovered, until **potatoes** are fork-tender, 10-12 min.

3



Cook steaks

x2 Double | **Striploin Steak**

Swap | **Striploin Steak**

- Meanwhile, pat **steaks** dry with paper towels. Season with **remaining garlic salt** and **pepper**. When cooked, using tongs, transfer **bacon** to a paper towel-lined plate, reserving all of the fat in the pan.
- Reheat the same pan over medium-high. When hot, add **steaks**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat and transfer **steaks** to an unlined baking sheet. Reserve all of the fat in the pan. Roast in the **top** of the oven until cooked to desired doneness, 4-8 min.**

4



Finish prep and make mash

- Meanwhile, thinly slice **mushrooms**.
- Peel, then cut **shallot** into ¼-inch peices.
- Roughly chop **parsley**.
- Drain and return **potatoes** to the same pot, off heat. Mash **cream** and **1 tbsp** (2 tbsp) **butter** into **potatoes** until creamy. Add **half the parsley**. Season with **salt** and **pepper**. Stir to mix. Cover to keep warm.
- When **steak** is done, transfer to a plate, then loosely cover with foil and set aside to rest for 5 min. Reserve the fat in the pan.

5



Make mushroom sauce

- Reheat the same pan over medium-high.
- When hot, add **mushrooms**, **shallots** and **remaining thyme sprigs**. Cook, stirring occasionally, until softened, 4-6 min.
- Sprinkle **half the Gravy Spice Blend** (use all for 4 ppl) otop. Stir to coat.
- Add **wine**, then slowly stir in ⅔ **cup** (1 ½ cups) **water** and **broth concentrate**.
- Bring to a simmer. Cook, stirring often, until **sauce** has thickened slightly, 1-2 min.

6



Finish and serve

- Remove thyme sprigs from **carrots** and **mushroom sauce**.
- Roughly chop or tear **bacon** into bite-sized pieces.
- Thinly slice **steak**. Stir **any steak resting juices** from plate into **sauce**.
- Divide **steaks**, **mash** and **carrots** between plates.
- Spoon **mushroom sauce** over **steaks** and **mash**.
- Sprinkle **bacon** and **remaining parsley** over **steak** and **carrots**.

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**, cook it in the same way the recipe instructs you to cook the **sirloin steaks****

3 | Cook steaks

x2 Double | **Striploin Steak**

If you've opted for **double striploin steak**, cook it in the same way the recipe instructs you to cook the **sirloin steaks**, working in batches if necessary.**

** Cook steak and bacon to minimum internal temperatures of 63°C/145°F for medium-rare and 71°C/160°F, respectively