



Saucy BBQ Steak

with Loaded Brussels and Potato

Special

35 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](http://www.hellofresh.ca)

Swap



Striploin
Steak
370 g | 740 g

Swap



Beef
Tenderloin
340 g | 680 g



Top Sirloin Steak
285 g | 570 g



Bacon Strips
100 g | 200 g



Chives
7 g | 14 g



Sour Cream
1 | 2



Cheddar Cheese,
shredded
¼ cup | ½ cup



BBQ Seasoning
1 tbsp | 2 tbsp



BBQ Sauce
4 tbsp | 8 tbsp



Brussels Sprouts
227 g | 454 g



Sous Vide
Potatoes
280 g | 560 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 | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring spoons, paper towels, parchment paper, silicone brush, slotted spoon, 2 small bowls

1



Roast potatoes and Brussels sprouts

- Before starting, preheat the oven to 450°F and wash and dry all produce.
- Halve **Brussels sprouts**.
- Pat **potatoes** dry with paper towels.
- Toss **potatoes** and **Brussels sprouts** with **2 tbsp** (4 tbsp) **oil** and **half the BBQ seasoning** on a parchment-lined baking sheet. Season with **salt**.
- Roast in the **middle** of the oven, flipping halfway through cooking, until **potatoes** are golden-brown, and **Brussels sprouts** are tender, 15-18 min.

2



Fry bacon

- Meanwhile, cut **bacon** into ¼-inch strips.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **bacon**. Cook, stirring occasionally, until crispy, 5-7 min.**
- Remove pan from the heat. Using a slotted spoon, transfer **bacon** to a small bowl. Set aside.
- Carefully wipe the pan clean.

3



Finish prep

Swap | Striploin Steak

Swap | Beef Tenderloin

- Thinly slice the **chives**.
- Stir together **sour cream** and **half the chives** to a small bowl. Set aside.
- Pat **steak** dry with paper towel, then season with **salt, pepper** and **remaining BBQ seasoning**.

4



Cook steak

- Re-heat the large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Pan-fry until cooked to desired doneness, 3-4 min per side.**

5



Finish potatoes and Brussels sprouts

- When the **potatoes** and **Brussels sprouts** are almost done, sprinkle **cheese** and **bacon** over top.
- Return the baking sheet to the **middle** of the oven.
- Bake until the **cheese** is golden brown, 2-3 min.

6



Finish and serve

- Brush **steaks** with **BBQ sauce**.
- Divide **loaded potatoes** and **Brussels sprouts** between plates.
- Dollop with **chive sour cream**.
- Sprinkle **remaining chives** over top.

Measurements
within steps

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

3 | Finish prep

Swap | Striploin Steak

If you've opted for **striploin steak**, cook it in the same way the recipe instructs you to cook the **sirloin steak****.

3 | Finish prep

Swap | Beef Tenderloin

If you've opted for **tenderloin steaks**, cook them in the same way the recipe instructs you to cook the **sirloin steaks****.

** Cook bacon to a minimum internal temperature of 71°C/160°F, and cook steak to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.