



Steaks and Creamy Pan Sauce

with Twice-Baked Potatoes and Cheddar Broccoli

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	↻ Swap
Striploin Steak 370 g 740 g	Tenderloin Steak 340 g 680 g



Top Sirloin Steak 285 g 570 g	Yellow Potato 400 g 800 g
Broccoli 227 g 454 g	Shallot 1 2
Green Onion 2 4	Cream Cheese 2 4
Cheddar Cheese, shredded ½ cup 1 cup	Cream 56 ml 113 ml
Whole Grain Mustard 1 tbsp 2 tbsp	Beef Broth Concentrate 2 4
Cream Sauce 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 | Unsalted butter, pepper, oil, salt

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, paper towel, parchment paper, silicone brush

1



Start potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Pierce **potatoes** all over with a fork, then place on a microwavable plate. Brush with $\frac{1}{2}$ **tsp** (1 **tsp**) **oil**, then season with **salt** and **pepper**. Microwave on high until fork-tender, 6-8 min. (**NOTE**: Alternatively, bake potatoes directly on the middle rack of the oven, 45-55 min.)
- Carefully remove **potatoes** from the microwave, then set aside until cool enough to handle, 5-10 min.

2



Prep veggies and season broccoli

- Meanwhile, thinly slice **green onions**.
- Peel, then finely chop **shallot**.
- Cut **broccoli** into bite-sized pieces.
- Add **broccoli** to one side of a parchment-lined baking sheet.
- Drizzle **1 tbsp** (2 **tbsp**) **water** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** over top. Season with $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **garlic salt** and **pepper**, then toss to coat. (**TIP**: Adding water to the broccoli helps it to steam while it bakes.) Set aside.

3



Pan-fry steaks

- Swap | **Striploin Steak**
- Swap | **Tenderloin Steak**
- Meanwhile, heat a large non-stick pan over medium-high. Pat **steak** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **steaks** and reduce heat to medium. Pan-fry until cooked to desired doneness, 4-6 min per side.**
- When **steak** is done, transfer to a cutting board. Loosely cover with foil and let rest for 5 min. Remove the pan from heat and wipe clean.

4



Stuff potatoes and bake veggies

- When **potatoes** are cool enough to handle, halve lengthwise.
- Scoop out the **flesh of each half** into a medium bowl, keeping a $\frac{1}{4}$ -inch border of flesh intact on **potato skin**. Mash **removed flesh** with a fork until smooth.
- Add **cream cheese**, **half the cheddar cheese** and **half the green onions**. Season with **salt** and **pepper**, then stir to combine.
- Fill **each potato skin** with **filling**. Arrange, filling-sides up, on the other side of the baking sheet with **broccoli**.
- Bake in the **top** of the oven, until **broccoli** is tender and **potato filling** begins to brown, 8-10 min.

5



Make sauce

- Meanwhile, reheat the same pan (from step 3) over medium-low.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then **shallots**. Stir until tender, 2-3 min.
- Sprinkle **Cream Sauce Spice Blend** over top.
- Stir to coat. Stir in $\frac{3}{4}$ **cup** (1 **cup**) **water**, **cream**, **broth concentrate** and as much **mustard** as desired.
- Bring to a gentle boil. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat. Cover to keep warm.

6



Finish and serve

- When **broccoli** is almost done, carefully move toward the centre of the baking sheet, then sprinkle **remaining cheddar cheese** over top.
- Return to the **top** of the oven. Bake until **cheese** melts, 3-4 min.
- Thinly slice **steak**. Stir any **steak resting juices** into **sauce**, then season with **salt** and **pepper**.
- Divide **steak**, **cheddar broccoli** and **twice-baked potatoes** between plates.
- Spoon **sauce** over **steak**. Sprinkle **remaining green onions** over top.

Measurements within steps

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

3 | Pan-fry steaks

Swap | **Striploin Steak**

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

3 | Pan-fry steaks

Swap | **Tenderloin Steak**

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

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