



Seared Steaks with Roasted Cauliflower and DIY White Cheddar Sauce

Special 40 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)

 Striploin Steak 370 g 740 g	 Tenderloin Steak 340 g 680 g
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 Top Sirloin Steak 285 g 570 g	 Green Beans 170 g 340 g
 Cauliflower 285 g 570 g	 Shallot 2 4
 Cream Sauce Spice Blend 2 tbsp 4 tbsp	 Cream 113 ml 237 ml
 White Cheddar Cheese, shredded ½ cup 1 cup	 Crispy Shallots 28 g 56 g
 Panko Breadcrumbs ½ cup ½ cup	 Garlic Salt 1 tsp 2 tsp
 Beef Broth Concentrate 2 4	 Parsley 7 g 14 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 | Unsalted butter, oil, salt, pepper

Cooking utensils | 8x8" baking dish, aluminum foil, baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels

1



Prep and roast cauliflower

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

- Cut **cauliflower** into bite-sized pieces.
- Add **cauliflower**, **2 tbsp** (4 tbsp) **water** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 15 min. (**NOTE:** You will add steaks to the same baking sheet in step 4 and continue to roast cauliflower until tender.)

4



Cook steaks

Swap | Striploin Steak

Swap | Tenderloin Steak

- Pat **steaks** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **steaks**. Sear until golden-brown, 1-2 min per side.
- Carefully add **steaks** to baking sheet with **cauliflower**. Continue to roast until **cauliflower** is tender and **steaks** are cooked to desired doneness, 6-8 min.**
- Transfer **steaks** to a cutting board. Loosely cover with foil to rest, 3-5 min.

2



Finish prep and roast green beans

- Meanwhile, peel, then finely chop **shallots**.
- Trim **green beans**.
- Roughly chop **parsley**.
- Add **green beans**, **2 tbsp** (4 tbsp) **water** and **1 tbsp** (2 tbsp) **butter** to an 8x8-inch baking dish. (**NOTE:** For 4 ppl, use a 9x13-inch baking dish.)
- Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until tender, 14-16 min.

5



Make cheese sauce and finish cauliflower

- Meanwhile, heat a medium pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **half the shallots**. Cook, stirring often, until tender, 2-3 min.
- Sprinkle **half the Cream Sauce Spice Blend** over top, then stir to coat.
- Stir in **cream** and **¼ cup** (½ cup) **water**.
- Cook, stirring often, until **sauce** thickens, 3-6 min.
- Stir in **cheese** until melted, 1 min.
- Remove from heat. Cover to keep warm.

3



Toast breadcrumb-shallot topping

- Heat a large non-stick pan over medium-high heat.
- Add **½ tbsp** (1 tbsp) **butter**, then swirl to melt.
- Add **panko**. Cook, stirring often, until golden, 2-4 min.
- Add **crispy shallots**, then stir until fragrant, 1 min.
- Remove from heat, then transfer **breadcrumb mixture** to a medium bowl. (**TIP:** This is your topping.)
- Carefully wipe the pan clean.

6



Finish and serve

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **remaining shallots**. Cook until tender, 2-3 min.
- Stir in **remaining Cream Sauce Spice Blend**.
- Add **¾ cup** (1 ¼ cups) **water** and **broth concentrate**. Cook until slightly thickened, 2-3 min.
- Thinly slice **steaks**. Stir **any resting juices** into **sauce**.
- Divide **steak**, **green beans** and **cauliflower** between plates.
- Top **cauliflower** with **cheese sauce** and **topping**.
- Drizzle **pan sauce** over **steak**.
- Sprinkle **parsley** over top.

Measurements within steps

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

4 | Cook steaks

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**.

4 | Cook steaks

Swap | Tenderloin Steak

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

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