



# Steak and Cheddar-Thyme Biscuits

With Mushroom Sauce and Broccoli

Special

45 Minutes

Customized Protein

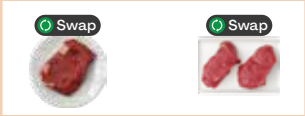
+ Add

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](http://hellofresh.ca)



Striploin Steak  
370 g | 740 g

Tenderloin Steak  
340 g | 680 g



Top Sirloin Steak  
285 g | 570 g

All-Purpose Flour  
1 1/2 cups | 3 cups

Broccoli  
227 g | 454 g

Mushrooms  
113 g | 227 g

Sour Cream  
2 | 4

Shallot  
1 | 2

Thyme  
7 g | 14 g

Cream  
113 ml | 237 ml

White Cheddar Cheese, shredded  
1/2 cup | 1 cup

Beef Broth Concentrate  
1 | 2

Montreal Spice Blend  
1 tbsp | 2 tbsp

Baking Powder  
3 tsp | 6 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** | Pepper, oil, unsalted butter, sugar, salt

**Cooking utensils** | Aluminum foil, 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper

1



### Prep and start biscuits

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

- Cut **broccoli** into bite-sized pieces.
- Thinly slice **mushrooms**.
- Peel, then finely chop **shallot**.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from **stems**, then finely chop **leaves**.
- Combine **cheese**, **sour cream**, **1/2 cup** (2/3 cup) **cream**, **half the thyme**, **baking powder**, **1 tsp** (2 tsp) **sugar** and **1/2 tsp** (1 tsp) **salt** in a large bowl.
- Add **flour**, then stir until just combined. Using your hands, form **dough** into a loose ball.

2



### Form and bake biscuits

- Flatten dough, pressing into a 1-inch-thick disc. (**NOTE:** For 4 ppl, halve dough and make 2 discs.)
- Cut **biscuit dough disc** into **8 equal-sized wedges** (16 wedges for 4 ppl).
- Transfer **biscuits** to a parchment-lined baking sheet.
- Bake in the **top** of the oven until puffed up and golden on the bottom, 12-15 min.

3



### Cook broccoli

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**. Swirl the pan until melted, 30 sec.
- Add **broccoli** and **1/4 cup** (1/2 cup) **water**. Season with **salt** and **1 tsp** (2 tsp) **Montreal Spice Blend**, then stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min.
- Transfer **broccoli** to a plate. Cover to keep warm.

4



### Cook steak

[Swap](#) | [Striploin Steak](#)

[Swap](#) | [Tenderloin Steak](#)

- Pat **steaks** dry with paper towels. Season with **salt** and **remaining Montreal Spice Blend**.
- Reheat the same pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Sear until golden-brown, 1-2 min per side.
- Remove from heat and transfer **steaks** to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked to desired doneness, 5-8 min.\*\*

5



### Make sauce

- Meanwhile, reheat the same pan over medium.
- When hot, add **mushrooms** and **shallots**. Cook, stirring often, until softened, 5-6 min. Season with **salt** and **pepper**.
- Add **remaining cream**, **1/2 cup** (3/4 cup) **water** and **broth concentrate**. Bring to a gentle boil.
- Cook, stirring often, until **sauce** thickens slightly, 2-4 min.
- Remove from heat. Cover to keep warm.

6



### Finish and serve

- Thinly slice **steaks**. Stir **any steak resting juices** into **sauce**. (**TIP:** If you prefer a thinner **sauce**, add more water, 1-2 tbsp at a time.)
- Divide **steak**, **biscuits** and **broccoli** between plates.
- Top **steaks** with **mushroom sauce**.

Measurements  
within steps

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

### 4 | Cook steak

[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**.

### 4 | Cook steak

[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 size will affect doneness.