

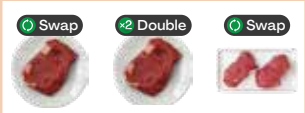


Steak and Creamy Mustard Pan Sauce

with Garlicky Parmesan-Spinach Mash

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](https://www.hellofresh.ca)

Striploin Steak 370 g | 740 g
 Double Striploin Steak 740 g | 1480 g
 Tenderloin Steak 340 g | 680 g



- Striploin Steak 285 g | 570 g
- Russet Potato 3 | 6
- Sugar Snap Peas 227 g | 454 g
- Shallot 1 | 2
- Garlic, cloves 2 | 4
- Parmesan Cheese, shredded ¼ cup | ½ cup
- Cream 113 ml | 237 ml
- Beef Broth Concentrate 1 | 2
- Montreal Spice Blend 1 tbsp | 2 tbsp
- Whole Grain Mustard 1 tbsp | 2 tbsp
- All-Purpose Flour ½ tbsp | 1 tbsp
- Baby Spinach 56 g | 113 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 | 2 baking sheets, large non-stick pan, large pot, measuring spoons, measuring cups, paper towels, potato masher, strainer, vegetable peeler

1



Prep and cook potatoes

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

- Peel, then cut **potatoes** into ½-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 fork-tender, 10-12 min.

2



Cook steak

🔄 Swap | **Striploin Steak**

✖2 Double | **Striploin Steak**

🔄 Swap | **Tenderloin Steak**

- Meanwhile, pat **steak** dry with paper towels, then season with **salt** and **Montreal Spice Blend**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Sear until golden, 1-2 min per side.
- Remove from heat and transfer **steak** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked to desired doneness, 6-9 min.**
- Carefully wipe out pan.

3



Prep and roast veggies

- Trim **snap peas**.
- Add **snap peas** and ½ **tbsp** (1 tbsp) **oil** to another unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven until tender-crisp, 5-8 min.
- While **snap peas** roast, peel, then finely chop **shallot**.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)

4



Rest steak and start sauce

- When **steak** is done, remove from heat and transfer to a plate. Loosely cover with foil and set aside to rest for 5 min.
- Reheat the same pan from step 2 over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter** and **shallots**. Season with **salt** and **pepper**. Cook, stirring often, until **butter** is melted and **shallots** have softened, 1-2 min.

5



Finish sauce and mash

- Sprinkle **half the flour** (use all for 4 ppl) over **shallots**. Stir to coat. Add **mustard**, **broth concentrate**, **half the cream** and ⅓ **cup** (⅔ cup) **water** as well as **any steak juices** from the plate. Cook, stirring often until **sauce** thickens slightly, 1-2 min.
- Drain and return **potatoes** to the same pot, off heat. Mash **spinach**, **Parmesan**, **garlic**, **remaining cream** and **1 tbsp** (2 tbsp) **butter** into **potatoes** until creamy. Season with **salt** and **pepper**.

6



Finish and serve

- Thinly slice **steak**.
- Divide **mash** and **veggies** between plates.
- Top **mash** with **steak**.
- Spoon **sauce** from pan over **steak**.

Measurements
within steps

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

2 | Cook steak

🔄 Swap | **Striploin Steak**

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

2 | Cook steak

✖2 Double | **Striploin Steak**

If you've opted for **double steak**, prep and cook in the same way the recipe instructs you to cook the **regular portion of steak**. Work in batches, if necessary.

2 | Cook steak

🔄 Swap | **Tenderloin Steak**

If you've opted for **tenderloin steaks**, cook 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.