

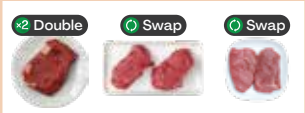


Striploin Steak and Pan Sauce

with Garlic Mashed Potatoes and Creamed Spinach

Striploin Special

35 Minutes



Customized Protein

+ Add

Swap

or

x2 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	Tenderloin Steak	Top Sirloin Steak
740 g 1480 g	340 g 680 g	285 g 570 g



- Striploin Steak
370 g | 740 g
- Russet Potato
2 | 4
- Shallot
1 | 2
- Garlic, cloves
3 | 6
- Dijon Mustard
1 tbsp | 2 tbsp
- Green Onion
2 | 4
- Cream
56 ml | 113 ml
- Baby Spinach
227 g | 454 g
- Montreal Spice Blend
1 tbsp | 2 tbsp
- Cream Sauce Spice Blend
1 tbsp | 2 tbsp
- Beef Broth Concentrate
2 | 4
- Cream Cheese
1 | 2

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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Pepper, oil, salt, milk, butter

Cooking utensils | Aluminum foil, baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, potato masher, vegetable peeler, whisk

1



Prep and cook potatoes

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Remove any brown spots from **potatoes**. Peel, then cut **potatoes** into 1-inch pieces.
- To a large pot, add **potatoes**, **2 tsp salt** and enough water to cover (by approx. 1 inch) (use same for 4 servings). Cover and bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer uncovered for 10-12 min until fork-tender.
- Drain and return **potatoes** to the same pot, off heat.

2



Prep

- Meanwhile, 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!)
- Thinly slice **green onions**.

3



Cook steak

- **×2 Double** | **Striploin Steak**
- **Swap** | **Tenderloin Steak**
- **Swap** | **Top Sirloin Steak**

- Heat a large non-stick pan over medium-high.
- Meanwhile, pat **steak** dry with paper towels. Season with **salt** and **2 tsp** (4 tsp) **Montreal Spice Blend**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Sear 1-2 min per side, until golden.
- Remove from heat, then transfer **steak** to an unlined baking sheet. Broil in the **middle** of the oven for 5-8 min, or until cooked to desired doneness.**
- Transfer **steak** to a cutting board. Loosely cover with foil and set aside to rest for 5 min.

4



Make creamed spinach

- Meanwhile, heat another large non-stick pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **half the shallots** and **half the garlic**. Cook for 1 min, stirring often until fragrant.
- Sprinkle **1 tsp** (2 tsp) **Cream Sauce Spice Blend** over top. Stir to coat.
- Add **cream cheese**, **half the Dijon**, **remaining Montreal Spice Blend** and **¼ cup** (½ cup) **milk**. Cook for 2-3 min, stirring often until thickened.
- Add **spinach**. Cook for 3-5 min, stirring often until **spinach** wilts and any water is absorbed. Remove from heat.

5



Make pan sauce

- Reheat the same pan (from step 3) over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **remaining shallots**. Cook 2-3 min, stirring often, until tender.
- Sprinkle **remaining Cream Sauce Spice Blend** over **shallots**. Cook for 30 sec, stirring often until coated.
- Whisk in **¾ cup** (1 ¼ cups) **water**, then **broth concentrate** and **remaining Dijon**. Bring to a simmer.
- Simmer for 2-4 min, whisking often, until **sauce** thickens slightly.

6



Finish and serve

- Mash **cream**, **remaining garlic** and **2 tbsp** (4 tbsp) **butter** into **potatoes** until slightly smashed. (**NOTE:** Smashed potatoes will still have a few chunks!) Add **half the green onions**, season with **salt** and **pepper** if you like, then stir to combine.
- Thinly slice **steak**.
- Stir **any steak juices** from the cutting board into **pan sauce**.
- Divide **steak**, **smashed potatoes** and **creamed spinach** between plates.
- Spoon **pan sauce** over **steak**. Sprinkle **remaining green onions** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook steak

• **×2 Double** | **Striploin Steak**

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

3 | Cook steak

• **Swap** | **Tenderloin Steak**

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

3 | Cook steak

• **Swap** | **Top Sirloin Steak**

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

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