

Customized Protein Add

HELLO Montreal-Spiced Bacon-Wrapped Steak with Garlic Beans and Creamy Mash

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and

with Garlic Beans and Creamy Mash

2 Double



(C) Swap

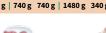
35 Minutes







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







Top Sirloin Steak 285 g | 570 g







Russet Potato 2 | 4

56 ml | 113 ml





Green Beans 170 g | 340 g

Garlic, cloves







28 g | 56 g

1 tbsp | 2 tbsp



Parsley and Thyme 14 g | 21 g



Concentrate 1 | 2



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



Roast garlic and prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel **garlic**. Toss with ½ **tbsp** (1 tbsp) **oil** on a small sheet of foil, then wrap tightly to close.
- On an unlined baking sheet, place wrapped garlic. Roast in the middle of the oven for 16-18 min, until softened.
- While garlic roasts, remove brown spots from potatoes, then peel and cut into 1-inch pieces.
- Strip 1 tbsp (2 tbsp) thyme leaves from stems.
- Roughly chop parsley.
- Trim green beans.



Make gravy and garlic oil

- While steaks roast, reheat the pan with bacon fat over medium.
- When the pan is hot, add **flour**. Cook for 1 min, stirring often, until combined.
- Add 1 cup (2 cups) water and broth concentrate. Cook for 1 min, stirring often, until combined.
- Add thyme and remaining Montreal Steak Spice. Bring to a simmer. Cook for 2-5 min, stirring often, until gravy thickens.
- When garlic is done, carefully remove from foil and transfer to a large bowl. Add 1 tbsp (2 tbsp)
 oil, then whisk until combined and smooth.



Cook potatoes and prep steaks

🗘 Swap | Striploin Steak

🗘 Swap | Double Striploin Steak

🗘 Swap | Tenderloin Steak

- 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 heat.
- Once boiling, reduce heat to medium. Simmer for 10-12 min, uncovered until fork-tender.
- While potatoes cook, pat steaks dry with paper towels.
- Season with half the Montreal Steak Spice, then wrap 2 bacon strips around each steak.



Cook steaks

- Heat a large non-stick pan over medium-high.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then bacon-wrapped steaks. Cook for 2-3 min, until bacon is golden and cooked through.***
- · Remove the pan from heat.
- Transfer bacon-wrapped steaks to the baking sheet with garlic, reserving bacon fat in the pan.
- Roast steaks in the middle of the oven for 5-8 min, until cooked to desired doneness.**



Cook beans and make mash

- When potatoes are almost done, add green beans to the same pot. Cook for 2-5 min, until tender.
- Using tongs, transfer green beans to the bowl with garlic oil. Season with salt and pepper, then toss coat.
- Drain, then return **potatoes** to the same pot, off heat.
- Mash cream, parsley and 2 tbsp (4 tbsp) butter into potatoes until smooth. Season with salt and pepper.



Finish and serve

- Stir **any steak juices** from the baking sheet into **gravy**.
- Divide mash, bacon-wrapped steaks and garlic green beans between plates.
- Sprinkle with crispy shallots and spoon gravy over top.

Measurements within steps

L tbsp (2 tbsp)

L-serving Ingredi

oil

For 6 servings

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 potatoes and prep steaks

Swap | Striploin Steak

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

2 | Cook potatoes and prepsteaks

O Swap | Double Striploin Steak

If you've opted for **double striploin steak**, prep the same way the recipe instructs you to prep the **regular portion of sirloin steak**, using 1 strip of **bacon** per **steak**. Cook the same way the recipe instructs you to cook the **regular portion of steak**. Work in batches, if necessary.

2 | Cook potatoes and prepsteaks

Swap | Tenderloin Steak

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