









Montreal-Spiced Bacon-Wrapped Steak

with Garlic Beans and Creamy Mash

Special 35 Minutes

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

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)



| | |
|---|---|
|  |  |
| Top Sirloin Steak 285 g 570 g | Bacon Strips 100 g 200 g |
|  |  |
| Russet Potato 2 4 | Cream 56 ml 113 ml |
|  |  |
| Green Beans 170 g 340 g | Garlic, cloves 3 6 |
|  |  |
| Crispy Shallots 28 g 56 g | Montreal Spice Blend 1 tbsp 2 tbsp |
|  |  |
| Parsley and Thyme 14 g 21 g | Beef Broth Concentrate 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 | Oil, pepper, butter, salt, all-purpose flour

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

1



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**.

4



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.

2



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**.

5



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**.

3



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.**

6



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

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 prep steaks

- 🔄 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 prep steaks

- 🔄 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**.

** Cook pork and steak to minimum internal temperatures of 160°F and 145°F (for medium-rare), respectively, as size may vary.