

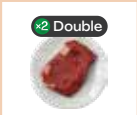


Striploin Steak and Lyonnaise-Style Potatoes

with Dijon Cream Sauce

Striploin Plus

35 Minutes



*2 Double

Double
Striploin Steak
740g | 1480g

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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
-  Yellow Potato
350 g | 700 g
-  Brussels Sprouts
227 g | 454 g
-  Yellow Onion
1 | 2
-  Garlic, cloves
2 | 4
-  Chives
7 g | 14 g
-  Cream
56 ml | 113 ml
-  White Cooking Wine
4 tbsp | 8 tbsp
-  Dijon Mustard
1 1/2 tsp | 3 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 | Unsalted butter*, oil*, salt*, pepper*

Cooking utensils | Baking sheet, measuring spoons, aluminum foil, parchment paper, small pot, large non-stick pan, paper towels

1



Roast potatoes and onions

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

- Cut **potatoes** into ¼-inch rounds.
- Peel, then cut **onion** into ½-inch slices.
- Add **potatoes, onions** and ½ **tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with ½ **tbsp oil** per sheet.)
- Season with **salt** and **pepper**, then toss to combine.
- Roast in **middle** of the oven, flipping halfway through, until **potatoes** are tender and golden-brown, 20-22 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)

4



Make sauce

- Meanwhile, heat a small pot over medium heat.
- When hot, add 1 **tbsp** (2 **tbsp**) **butter**, then swirl the pot until melted.
- Add **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream, Dijon** and **half the cooking wine**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 1-3 min.

2



Cook steak

×2 Double | Striploin steak

- Meanwhile, pat **steak** dry with paper towels. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **steak**. Sear until golden-brown, 2-3 min per side.
- Remove from heat. Transfer **steak** to an unlined baking sheet.
- Roast in the **bottom** of the oven until cooked to desired doneness, 4-6 min.**
- When **steak** is done, transfer to a separate cutting board.
- Loosely cover with foil and set aside to rest, 5 min. Carefully wipe the pan clean.

5



Finish potatoes

- When **potatoes and onions** are done, reheat the same pan (from step 3) over medium.
- When hot, add 1 **tbsp** (2 **tbsp**) **butter**, then swirl the pan until melted.
- Add **potatoes and onions** and **remaining cooking wine**.
- Cook, stirring occasionally, until **wine** is absorbed, 1-3 min.
- Season with **salt** and **pepper**, then stir to combine.

3



Cook Brussels sprouts

- Meanwhile, halve **Brussels sprouts** (if larger, quarter them).
- Peel, then mince or grate **garlic**.
- Reheat the same pan over medium-high.
- When hot, add 1 **tbsp** (2 **tbsp**) **butter**. Swirl the pan until melted.
- Add **Brussels sprouts**. Cook, stirring occasionally, until tender, 5-7 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**.
- Remove from heat. Transfer **Brussels sprouts** to a plate, then cover to keep warm.

6



Finish and serve

- Thinly slice **chives**.
- Thinly slice **steak**.
- Divide **Brussels sprouts, potatoes** and **steak** between plates.
- Pour **any resting juices** from the cutting board over **steak**.
- Spoon **sauce** over **steak**.
- Sprinkle **chives** over **potatoes** and **steak**.

Measurements
within steps

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

2 | Cook steak

×2 Double | Striploin steak

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

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.



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