



# Montreal-Spiced Bacon-Wrapped Steak

## with Garlic Beans and Creamy Mash

Special

35 Minutes



Beef 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 Steak  
Spice  
1 tbsp | 2 tbsp



Parsley and  
Thyme  
14 g | 21 g



Beef Broth  
Concentrate  
1 | 2



All-Purpose Flour  
1 tbsp | 2 tbsp

**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.

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Ingredient quantities 56 g | 113 g  
2 person 4 person

**Pantry items** | Unsalted butter, oil, pepper, salt

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

Measurements  
within steps

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

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.
- Place **wrapped garlic** on an unlined baking sheet. Roast in the **middle** of the oven until softened, 16-18 min.
- While **garlic** roasts, peel, then cut **potatoes** into 1-inch pieces.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Roughly chop **parsley**.
- Trim **green beans**.

2



### Cook potatoes and prep steaks

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

3



### Cook steaks

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **bacon-wrapped steaks**. Cook until **bacon** is golden and cooked through, 2-3 min per side.\*\*
- 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 until cooked to desired doneness, 5-8 min.\*\*

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, stirring often, until combined, 1 min.
- Add **1 cup** (2 cups) **water** and **broth concentrate**. Cook, stirring often, until combined, 1 min.
- Add **thyme** and **remaining Montreal Steak Spice**. Bring to a simmer. Cook, stirring often, until **gravy** thickens, 2-5 min.
- 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.

5



### Cook beans and make mash

- When **potatoes** are almost done, add **green beans** to the same pot. Cook until tender, 2-5 min.
- 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**.

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.

\*\* Cook pork and steak to minimum internal temperatures of 71°C/160°F and 63°C/145°F (for medium-rare), respectively, as size may vary.



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