

Montreal-Spiced Bacon-Wrapped Steak

with Garlic Beans and Creamy Mash

Special

35 Minutes





Beef Steak



285 g | 570 g



100 g | 200 g





Russet Potato



2 | 4



Green Beans 170 g | 340 g



56 ml | 113 ml

3 | 6



Crispy Shallots



28 g | 56 g

Spice 1 tbsp | 2 tbsp



Parsley and Thyme



14 g | 21 g





All-Purpose Flour 1 tbsp | 2 tbsp

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



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.



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.



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.**



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.



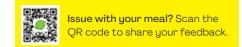
Cook beans and make mash

- 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.



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