



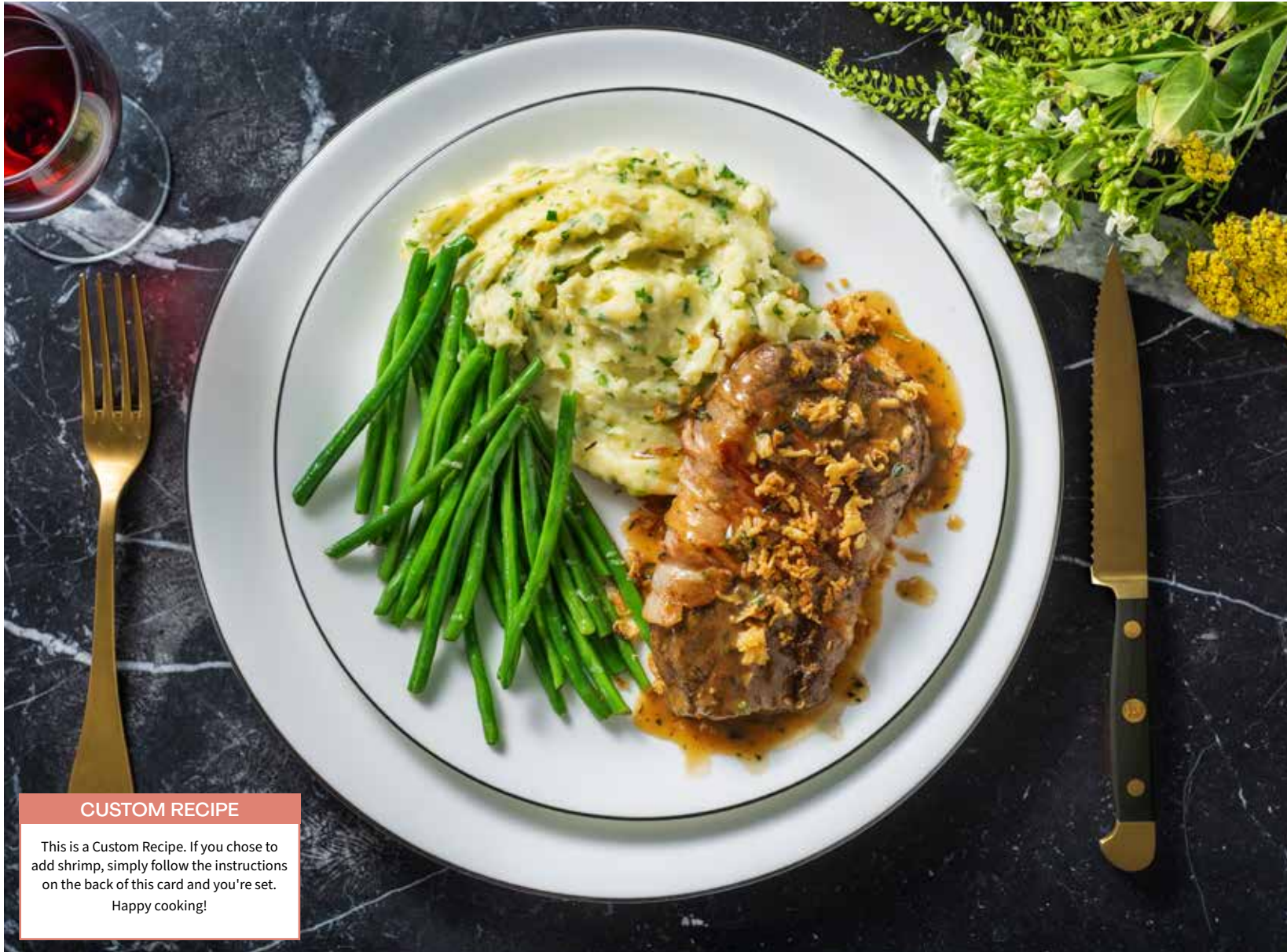
Montreal-Spiced Bacon-Wrapped Steak

with Garlic Beans and Creamy Mash

35 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Beef Steak



Shrimp



Bacon Strips



Russet Potato



Cream



Green Beans



Garlic, cloves



Crispy Shallots



Montreal Steak Spice



Parsley and Thyme



Beef Broth Concentrate



All-Purpose Flour

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO STEAK

Patting your steak dry before seasoning and searing ensures perfect browning!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, strainer, tongs, aluminum foil, large bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Shrimp	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
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



Issue with your meal?
Scan the QR code to
share your feedback.



Roast garlic and prep

- Peel **garlic**. Toss **garlic** with $\frac{1}{2}$ **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**.

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer to a plate. Reuse the same pan to cook **steaks** in step 3.



Make gravy and garlic oil

- While **steaks** roast, heat the pan with **bacon fat** over medium. When 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 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 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 **potatoes** and return them to the same pot, off heat.
- Mash **cream**, **parsley** and **2 tbsp** (4 **tbsp**) **butter** into **potatoes** until smooth. Season with **salt** and **pepper**.



Cook steaks

- Heat a large non-stick pan over medium-high heat. When hot, add $\frac{1}{2}$ **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.**



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.

Serve **shrimp** alongside main dish.

Dinner Solved!