



A P R  
2017

## Pan-Seared Steak

with Sherry-Garlic Mushrooms and Mashed Potatoes

Think mushrooms are just for side dishes? Think again! We're giving cremini mushrooms a tasty makeover in this dish. By cooking them with sherry vinegar, garlic and butter, a simple vegetable turns into a quick and delicious steak sauce! Yum!



Striploin Steak



Russet Potato



Green Beans



Cremini  
Mushrooms



Garlic



Sherry Vinegar



Beef Broth  
Concentrate

## Ingredients

	2 People	4 People
Striploin Steak	1 pkg (340 g)	2 pkg (680 g)
Russet Potatoes	2	4
Green Beans, trimmed	1 pkg (170 g)	2 pkg (340 g)
Cremini Mushrooms	1 pkg (227 g)	2 pkg (454 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Sherry Vinegar	1) ½ bottle (1 tbsp)	1 bottle (2 tbsp)
Beef Broth Concentrate	1 pkg	2 pkg
Butter*	2) 3 tbsp	6 tbsp
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Sulphites/Sulfites

2) Milk/Lait

## Tools

Large Pot, Baking Sheet, Large Pan, Measuring Spoons, Measuring Cups, Strainer

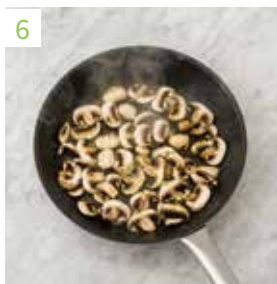
**Nutrition per person** Calories: 689 cal | Fat: 35 g | Protein: 45 g | Carbs: 50 g | Fibre: 6 g | Sodium: 622 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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6



**1 Preheat the oven to 450°F (to roast the green beans). Start prepping when the oven comes up to temperature!**

**2 Boil the potatoes: Wash and dry all produce.** Peel the **potatoes** then cut into ½-inch cubes. Combine the potatoes with enough **salted water** to cover in a large pot. Cover and boil until potatoes are fork-tender, 10-12 min.

6



**3 Prep:** Meanwhile, thinly slice the **mushrooms**. Mince or grate the **garlic**.

**4 Roast the green beans:** Meanwhile, toss the **green beans** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven until beans are golden-brown, 10-12 min.

7



**5 Cook the steak:** Heat a large pan over medium-high heat. Season the **steak** with **salt** and **pepper**. Add a drizzle of **oil**, then the steak. Cook for 4-7 min per side, until cooked to desired doneness. (**TIP:** Inserting a thermometer into a medium steak should display an internal temperature of 160°F.) Set the steak aside on a plate.

**6 Make the mushroom sauce:** Reduce the pan to medium heat. Add **2 tbsp butter** (double for 4 people), **garlic** and **mushrooms**. Cook, stirring occasionally, until the mushrooms are golden-brown, 7-8 min. Add **½ bottle vinegar** (1 bottle for 4 people), **broth concentrate(s)** and **¼ cup** water (double for 4 people).

**7 Make the mashed potatoes:** Drain the **potatoes** and return them to the same pot. Using a fork or potato masher, mash in the **remaining butter**. Season with **salt** and **pepper**.

**8 Finish and serve:** Thinly slice the **steak**. Divide the steak, **mashed potatoes** and **green beans** between plates. Top with the **mushroom sauce**. Enjoy!

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