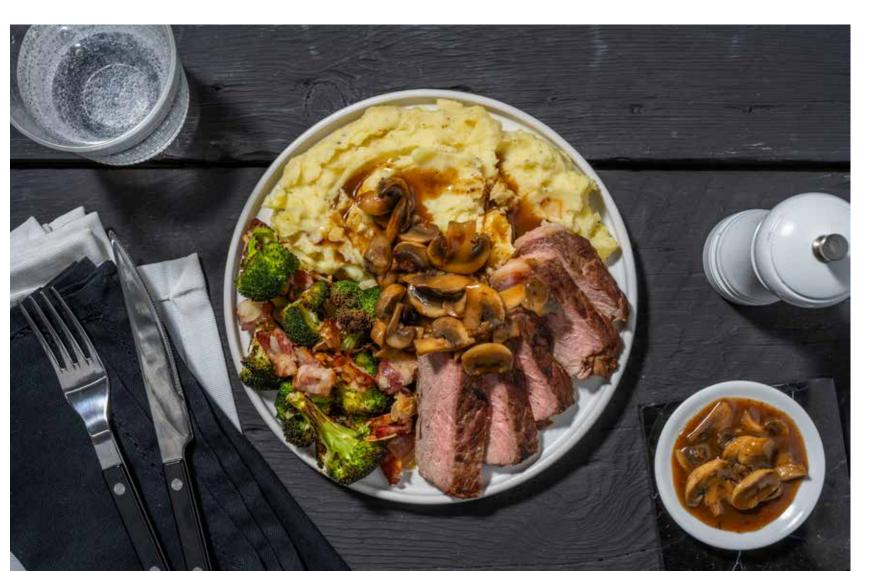


Pan-Seared Steaks and Mushroom Gravy

with Bacon-Roasted Broccoli

Date Night Special

40 Minutes





Beef Steak 285 g | 570 g





Mushrooms



Concentrate

227 g | 454 g









Garlic Puree 1 tbsp | 2 tbsp



Broccoli



227 g | 454 g

Almonds, sliced 28 g | 56 g



Russet Potato



2 | 4

All-Purpose Flour 1 tbsp | 2 tbsp

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



Prep and start potatoes

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Peel, then cut **shallot** into 1/4-inch pieces.
- Cut any large broccoli florets into 1-inch pieces.
- Thinly slice mushrooms.
- Peel, then cut **potatoes** into ½-inch pieces.
- 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.



Finish potatoes

- Once boiling, reduce heat to medium.
 Simmer uncovered until fork-tender,
 10-12 min.
- When potatoes are fork-tender, drain and return to the same pot, off heat.
- Roughly mash 2 tbsp (4 tbsp) butter and 3 tbsp (6 tbsp) milk into potatoes until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!)
- Season with salt and pepper, to taste.



Roast broccoli

- Meanwhile, cut **bacon** into ¼-inch pieces on a separate cutting board.
- Add broccoli, almonds, bacon and
 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then toss to combine.
- Transfer broccoli mixture to a parchment-lined baking sheet.
- Roast in the middle of the oven until broccoli is golden-brown and tender and bacon is cooked through, 15-18 min.**



Cook steaks

- Meanwhile, pat steaks dry with paper towels, then season all over with salt and pepper.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then steaks.
- Pan-fry until cooked to desired doneness,
 4-7 min per side.** (NOTE: Reduce heat to medium if steaks begin to scorch).
- Transfer to a plate. Cover steaks loosely with foil and set aside to rest, 2-3 min.



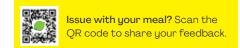
Make mushroom gravy

- Meanwhile, reheat the same pan over medium-high. When the pan is hot, add 1 tbsp (2 tbsp) oil, then mushrooms.
- Season with **salt** and **pepper**. Cook, stirring often, until softened, 5-6 min.
- Stir in garlic puree, shallots, flour and
 1 tbsp (2 tbsp) butter. Cook, stirring often, until shallots soften slightly, 1-2 min.
- Reduce heat to medium, then stir in
 cup (1 ½ cups) water and
 broth concentrate.
- Bring to a simmer. Cook, stirring occasionally, until gravy thickens slightly, 3-4 min.



Finish and serve

- Thinly slice pan-seared steaks.
- Divide steaks, bacon-roasted broccoli and smashed potatoes between plates.
- Spoon mushroom gravy over steaks and potatoes.



Measurements

within steps

1 tbsp

(2 tbsp)

oil