

Pan-Seared Striploin and Savoury Mushroom Gravy

with Brussels Sprouts and Wild Rice

Striploin Special 35 Minutes



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Striploin Steak



Miso Broth

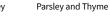




Mushrooms



Wild Rice Medley





Chicken Stock



Powder





Cream Sauce Spice



Beef Broth Concentrate

Brussels Sprouts



Garlic, cloves

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

Start here

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

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

Bust out

2 Baking sheets, measuring spoons, aluminum foil, medium pot, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

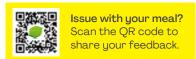
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	2 Person	4 Person
Striploin Steak	370 g	740 g
Double Striploin Steak	740 g	1480 g
Mushrooms	113 g	227 g
Miso Broth Concentrate	1	2
Wild Rice Medley	1 cup	2 cup
Parsley and Thyme	14 g	21 g
Chicken Stock Powder	1 tbsp	2 tbsp
Brussels Sprouts	227 g	454 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Beef Broth Concentrate	1	2
Garlic, cloves	2	4
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook 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.





Cook rice

- Strip **some thyme leaves** from stems, then chop ½ **tbsp** (1 tbsp).
- Stir together wild rice medley, chicken stock powder, chopped thyme, 2 cups (4 cups) water, 1 tbsp (2 tbsp) butter and 1/4 tsp (1/2 tsp) salt in a medium pot (use a large pot for 4 ppl). Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove from heat. Set aside, still covered.



Prep and roast Brussel sprouts

- · Meanwhile, thinly slice mushrooms.
- Peel, then mince or grate garlic.
- Roughly chop parsley.
- Whisk together miso broth concentrate, beef broth concentrate and 1 cup (2 cup) water. Set aside.
- Halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts**, **half the garlic** and ½ **tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **bottom** of the oven, flipping once halfway through, until tender, 16-20 min.



Cook steak

- Pat **steak** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp (1 tbsp) oil, then steak. Sear until golden-brown, 2-3 min per side
- Remove from heat, then transfer **steak** to another baking sheet.
- Roast in the middle of the oven, until cooked to desired doneness, 5-8 min.**
- When **steak** is done, transfer to a cutting board. Cover loosely with foil, then set aside to rest, 5 min.

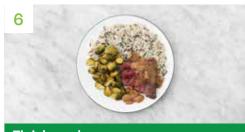
If you've opted for **double steak**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **steak**. Work in batches, if necessary.



- Meanwhile, heat the same pan over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add mushrooms and remaining thyme sprig. Cook, stirring occasionally, until softened, 3-4 min.
- Add remaining garlic and Cream Sauce Spice Blend. Cook, stirring often, until veggies are coated and garlic is fragrant, 1 min.



- Slowly add **miso-beef broth mixture** to the pan. Cook, stirring constantly, until **sauce** thickens slightly, 2-4 min.
- Season with salt and pepper, to taste.
- Carefully remove thyme sprig.



Finish and serve

- Fluff rice with a fork, then stir in parsley.
- Thinly slice **steak**.
- Divide **rice**, **steak** and **Brussels sprouts** between plates.
- Top steak with mushroom sauce.

Dinner Solved!