



Pan-Seared Striploin and Savoury Mushroom Gravy

with Broccoli and Wild Rice

Striploin Special

35 Minutes



Striploin Steak
370 g | 740 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



Broccoli, florets
227 g | 454 g



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Beef Broth Concentrate
1 | 2



Garlic, cloves
2 | 4

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.

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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 **¼ tsp** (½ tsp) **salt** in a medium pot. (**NOTE:** 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.

2



Prep and roast broccoli

- 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 cups) **water**. Set aside.
- Cut **broccoli** into bite-sized pieces.
- Add **broccoli, 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, 8-10 min.

3



Cook steak

- Pat **steak** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high 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 an unlined 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 for 5 min.

4



Cook mushrooms

- 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.

5



Make sauce

- 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**.

6



Finish and serve

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

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



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