



Striploin Steak and Creamy Pan Sauce

with Twice-Baked Potatoes and Cheddar Brussels Sprouts

Special Plus 45 Minutes



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Striploin Steak



Shrimp



Russet Potato



Brussels Sprouts



Shallot



Green Onion



Cream Cheese



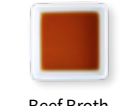
Cheddar Cheese,
shredded



Cream



Whole Grain Mustard



Beef Broth
Concentrate



Cream Sauce Spice
Blend



Garlic Salt

CUSTOM RECIPE

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

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

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, medium bowl, measuring spoons, silicone brush, aluminum foil, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Shrimp	285 g	570 g
Russet Potato	2	4
Brussels Sprouts	227 g	454 g
Shallot	50 g	100 g
Green Onion	2	4
Cream Cheese	2	4
Cheddar Cheese, shredded	½ cup	1 cup
Cream	56 ml	113 ml
Whole Grain Mustard	1 tbsp	2 tbsp
Beef Broth Concentrate	2	4
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook steak to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness. Cook shrimp to a minimum internal temperature of 74°C/165°F, 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.



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1 Start potatoes

- Pierce **potatoes** all over with a fork, then place on a microwavable plate. Brush with **½ tbsp** (1 tbsp) **oil**, then season all over with **salt** and **pepper**.
- Microwave on high, carefully flipping halfway through, until fork-tender, 6-8 min. (**NOTE:** If you don't have a microwave, bake potatoes directly on the middle rack of the oven, flipping halfway through, until fork-tender, 45-55 min.)
- Carefully remove **potatoes** from the microwave, then set aside until cool **enough** to handle, 10-15 min.



4 Stuff and bake potatoes

- When **potatoes** are cool **enough** to handle, halve lengthwise. Scoop out the centre flesh of **each potato half** into a medium bowl, keeping a ¼-inch border of **flesh** intact on **skin**. Mash **flesh** in the bowl with a fork until smooth.
- Add **cream cheese** and **half the green onions**. Season with **salt** and **pepper**, then stir to combine.
- Fill **each potato skin** with **potato-cream cheese filling**. Arrange **filled potato skins** on the other side of the baking sheet with **Brussels sprouts**, filling-side up.
- Bake in the **top** of the oven until **Brussels sprouts** are tender and **filling** begins to brown, 8-10 min.



2 Prep veggies and par-bake Brussels sprouts

- Meanwhile, thinly slice **green onions**.
- Peel, then finely chop **shallot**.
- Halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts** to one side of a parchment-lined baking sheet. Drizzle **1 tbsp** (2 tbsp) **water** and **½ tbsp** (1 tbsp) **oil** over top. Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**, then toss to coat. (**TIP:** Adding water to Brussels sprouts helps them steam while they bake!)
- Bake in the **top** of the oven until beginning to soften, 10 min. (**NOTE:** Brussels sprouts will continue to cook in step 4.)



5 Make sauce

- Meanwhile, reheat the same pan (from step 3) over medium-low.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **shallots**. Cook, stirring often, until tender, 2-3 min.
- Sprinkle **Cream Sauce Spice Blend** over **shallots**. Stir to coat, 30 sec.
- Stir in **¾ cup** (1 ¼ cups) **water**, **cream**, **broth concentrates** and **mustard**. Bring to a gentle boil. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat. Season with **salt** and **pepper**, to taste. Cover to keep warm.

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 another large non-stick pan over medium-high heat. When hot, add **½ 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.



3 Pan-fry steak

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **steak** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **steak** and reduce heat to medium. Pan-fry until cooked to desired doneness, 4-6 min per side.**
- When **steak** is done, transfer to a cutting board. Loosely cover with foil and set aside to rest for 5 min.
- Remove from heat, then carefully wipe the pan clean.



6 Finish and serve

- When **Brussels sprouts** are almost done, carefully move towards the centre of the baking sheet, then sprinkle **cheddar cheese** over top. Return to the **top** of the oven. Bake until **cheese** melts, 3-4 min.
- Thinly slice **steak**. Stir **any steak juices** on the cutting board into **sauce**, then season with **salt** and **pepper**, to taste.
- Divide **steak**, **cheddar Brussels sprouts** and **twice-baked potatoes** between plates.
- Spoon **sauce** over **steak**. Sprinkle **remaining green onions** over top.

Top **final plates** with **shrimp**.

Dinner Solved!