



Striploin Steak and Creamy Pan Sauce

with Twice-Baked Potatoes and Cheddar Broccoli

Steak Night 45 Minutes



Double Striploin Steak
740 g | 1480 g

Custom Recipe

+ Add

Swap

or

*2 Double

If you chose to double your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Striploin Steak
370 g | 740 g



Russet Potato
2 | 4



Broccoli, florets
227 g | 454 g



Shallot
1 | 2



Green Onion
2 | 4



Cream Cheese
2 | 4



Cheddar Cheese, shredded
1/2 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

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



Start potatoes

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

2



Prep veggies and season broccoli

- Meanwhile, thinly slice **green onions**.
- Peel, then finely chop **shallot**.
- Cut **broccoli** into bite-sized pieces.
- Add **broccoli** 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 the broccoli helps it to steam while it bakes!)
- Set aside.

3



Pan-fry steak

- *2 Double | Striploin 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. ** (**NOTE:** Don't overcrowd the pan. Cook steak in batches, if necessary.)
- When **steak** is done, transfer to a cutting board. Loosely cover with foil and set aside to rest for 5 min.
- Remove the pan from heat, then carefully wipe clean.

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.
- Using a fork, mash **flesh** in the bowl 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 **filling-side up**, on the other side of the baking sheet with **broccoli**.
- Bake in the **top** of the oven until **broccoli** is tender and **potato filling** begins to brown, 8-10 min.

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 concentrate** 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.

6



Finish and serve

- When **broccoli** is 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 broccoli** and **twice-baked potatoes** between plates.
- Spoon **sauce** over **steak**. Sprinkle **remaining green onions** over top.

3 | Pan-fry steak

*2 Double | Striploin Steak

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

