



# Striploin Steak and Pan Sauce

with Garlic Mashed Sweet Potatoes and Creamed Spinach

Special Plus

35 Minutes



Striploin Steak



Sweet Potato



Shallot



Garlic, cloves



Dijon Mustard



Chives



Cream



Baby Spinach



Montreal Steak Spice



Cream Sauce Spice Blend



Beef Broth Concentrate



Cream Cheese

HELLO MONTREAL STEAK SPICE

*The perfect blend of spices for beef!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

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

## Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, aluminum foil, measuring cups, whisk, large pot, 2 large non-stick pans, paper towels

## Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Sweet Potato	340 g	680 g
Shallot	50 g	100 g
Garlic, cloves	3	6
Dijon Mustard	1 tbsp	2 tbsp
Chives	7 g	14 g
Cream	56 ml	113 ml
Baby Spinach	227 g	454 g
Montreal Steak Spice	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Beef Broth Concentrate	2	4
Cream Cheese	43 g	86 g
Milk*	¼ cup	½ cup
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

## Contact

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### Prep and cook potatoes

- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet 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.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **sweet potatoes** to the same pot, off heat.

4



### Make creamed spinach

- Meanwhile, heat another large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **half the shallots** and **half the garlic**. Cook, stirring often, until fragrant, 1 min.
- Sprinkle **1 tsp** (2 tsp) **Cream Sauce Spice Blend** over top. Stir to coat.
- Add **cream cheese**, **half the Dijon**, **remaining Montreal Steak Spice** and **¼ cup** (½ cup) **milk**. Cook, stirring often, until thickened, 2-3 min.
- Add **spinach**. Cook, stirring often, until **spinach** wilts and **any water** is absorbed, 3-5 min. Remove from heat.

2



### Prep

- Meanwhile, peel, then finely chop **shallot**.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)
- Thinly slice **chives**.

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### Make pan sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **remaining shallots**. Cook, stirring often, until tender, 2-3 min.
- Sprinkle **remaining Cream Sauce Spice Blend** over **shallots**. Cook, stirring often, until coated, 30 sec.
- Whisk in **¾ cup** (1 ¼ cups) **water**, then **broth concentrates** and **remaining Dijon**. Bring to a simmer.
- Simmer, whisking often, until **sauce** thickens slightly, 2-4 min.

3



### Cook steak

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **steak** dry with paper towels. Season with **salt** and **2 tsp** (4 tsp) **Montreal Steak Spice**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **steak** to an unlined baking sheet. Broil in the middle of the oven until cooked to desired doneness, 5-8 min.\*\*
- Transfer **steak** to a cutting board. Loosely cover with foil and set aside to rest for 5 min.

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### Finish and serve

- Mash **cream**, **remaining garlic** and **2 tbsp** (4 tbsp) **butter** into **sweet potatoes** until slightly smashed. (**NOTE:** Smashed potatoes will still have a few chunks!) Add **half the chives**. Season with **salt** and **pepper**, to taste, then stir to combine.
- Stir **any steak juices** from the cutting board into **pan sauce**.
- Thinly slice **steak**.
- Divide **steak**, **smashed potatoes** and **creamed spinach** between plates.
- Spoon **pan sauce** over **steak**. Sprinkle **remaining chives** over top.

**Dinner Solved!**