



Striploin Steak and Red-Eye Gravy

with Mash and Roasted Veggies

Special Plus 35 Minutes



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Striploin Steak



Double Striploin Steak



Beef Broth Concentrate



Espresso Powder



Yellow Potato



Corn Kernels



Broccoli, florets



Shallot



Garlic, cloves



Sweet Bell Pepper



All-Purpose Flour



Bacon Strips



Cream

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!

HELLO RED-EYE GRAVY

This gravy is kicked up a notch with smoky bacon and rich coffee flavours!

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

2 Baking sheets, colander, measuring spoons, potato masher, aluminum foil, measuring cups, large pot, large non-stick pan, paper towels, slotted spoon

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Double Striploin Steak	740 g	1480 g
Beef Broth Concentrate	1	2
Espresso Powder	1	2
Yellow Potato	400 g	800 g
Corn Kernels	113 g	227 g
Broccoli, florets	227 g	454 g
Shallot	50 g	100 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
All-Purpose Flour	1 tbsp	2 tbsp
Bacon Strips	100 g	200 g
Cream	56 ml	113 ml
Unsalted Butter*	2 ½ tbsp	5 tbsp
Sugar*	¼ tsp	¼ tsp
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 bacon to a minimum internal temperature of 71°C/160°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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Prep and boil potatoes

- 1 Cut **potatoes** into 1-inch pieces.
- 2 Add **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.
- 3 Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- 4 Drain and return **potatoes** to the same pot, off heat.



Prep and cook steak

- 1 Meanwhile, pat **steak** dry with paper towels, then season with **salt** and **pepper**.
- 2 Heat a large non-stick pan over medium-high heat.
- 3 When hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Sear until golden-brown, 2-3 min per side.
- 4 Remove from heat and transfer **steak** to another unlined baking sheet.
- 5 Roast in the **middle** of the oven until cooked to desired doneness, 5-8 min.**
- 6 When **steak** is done, transfer to a plate.
- 7 Loosely cover with foil and set aside to rest for 2-3 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**.



Prep

- 1 Meanwhile, halve, then peel and cut **shallot** into ¼-inch pieces.
- 2 Peel **garlic cloves**.
- 3 Core, then cut **pepper** into ½-inch pieces.
- 4 Cut **broccoli** into bite-sized pieces.
- 5 Set aside **1 tbsp** (2 tbsp) **cream**. (**NOTE:** This will be for your gravy!)
- 6 Cut **bacon** into ½-inch pieces.



Cook bacon and make gravy

- 1 Reheat the same pan over medium-high.
- 2 When hot, add **bacon** and **2 tbsp** (4 tbsp) **water**. Cook, flipping occasionally, until crispy, 6-9 min.**
- 3 Remove from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside. (**NOTE:** Reserve bacon fat in the pan.)
- 4 Reduce heat to medium, then add **remaining shallots** to the pan with **bacon fat**. Cook, stirring often, until soft, 1 min.
- 5 Sprinkle over **flour**. Cook, stirring constantly, until **shallots** are covered, 1 min.
- 6 Add **any resting steak juices** from the plate, **1 cup** (2 cups) **water**, **½ tbsp** (1 tbsp) **butter**, **1 tbsp** (2 tbsp) **cream**, **broth concentrate** and **espresso powder**. Cook, stirring often, until thickened slightly, 3-4 min. Season with **¼ tsp** (¼ tsp) **sugar**, **salt** and **pepper**.



Roast veggies

- 1 Meanwhile, add **broccoli**, **peppers**, **corn** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- 2 Roast in the **top** of the oven, flipping once halfway through, 10-12 min.
- 3 After flipping **veggies**, add **garlic cloves** and **half the shallots** to the baking sheet. Return to the oven. Continue roasting until fragrant and **veggies** are cooked through, 10-12 min.



Finish and serve

- 1 Meanwhile, roughly mash **roasted garlic cloves**, **remaining cream** and **2 tbsp** (4 tbsp) **butter** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, to taste.
- 2 Thinly slice **steak**.
- 3 Divide **smashed potatoes** and **veggies** between plates.
- 4 Sprinkle **bacon** over **veggies**.
- 5 Top **potatoes** with **steak**, then spoon over **gravy**.

Dinner Solved!