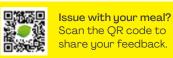


# Truffle Striploin Steak and Pan Gravy

with Mashed Sweet Potatoes and Roasted Brussels Sprouts

Special Plus 35 Minutes



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Striploin Steak

Sweet Potato





**Brussels Sprouts** 





Sour Cream

Gravy Spice Blend



Garlic Salt



Beef Broth

Truffle Salt

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HELLO GRAVY SPICE BLEND The ideal blend to thicken gravies or sauces and add savoury flavour to any dish!

## Start here

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

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

#### Bust out

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

#### Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Sweet Potato	340 g	680 g
Brussels Sprouts	227 g	454 g
Shallot	50 g	100 g
Sour Cream	3 tbsp	6 tbsp
Gravy Spice Blend	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Truffle Salt	1 g	2 g
Unsalted Butter*	3 tbsp	6 tbsp
Milk*	2 tbsp	4 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.



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### Prep and cook sweet potatoes

- Quarter sweet potatoes.
- 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.



#### Make pan gravy

- Meanwhile, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **remaining shallots**. Cook, stirring often, until tender, 2-3 min.
- Sprinkle **Gravy Spice Blend** over **shallots**. Cook, stirring often, until coated, 30 sec. Stir in **1 cup** (1 ½ cups) **water** and **broth concentrate**. Bring to a gentle boil.
- Once boiling, cook, stirring often, until **gravy** thickens slightly, 3-4 min.
- Remove the pan from heat, then cover to keep warm.



#### Prep and roast veggies

- Peel, then thinly slice **half the shallot**. Finely chop **remaining shallot**.
- Halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts** and **sliced shallots** to a parchment-lined baking sheet. Drizzle **1 tbsp** (2 tbsp) **water** and <sup>1</sup>/<sub>2</sub> **tbsp** (1 tbsp) **oil**

over top. Season with **half the garlic salt** and **pepper**, then toss to coat. (TIP: Adding water to the Brussels sprouts helps them to steam while they bake!)

• Bake in the **middle** of the oven until tender, 16-20 min.



Rest steak and finish sweet potatoes

• When **steak** is done, transfer to a cutting board, then cover loosely with foil. Let rest for 5 min.

- When **sweet potatoes** are tender, drain and return them to the same pot, off heat.
- Roughly mash sour cream, remaining garlic salt, 2 tbsp (4 tbsp) milk and
  2 tbsp (4 tbsp) butter into potatoes.
- Season with **pepper**, to taste.



### Cook steak

- Meanwhile, pat **steak** dry with paper towels, then season with **truffle salt** and **pepper**.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then
- **steak**. Pan-fry until golden, 1-2 min per side.
- Remove from heat, then transfer **steak** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked to desired doneness, 4-7 min.\*\*



#### Finish and serve

- Thinly slice **steak**.
- Stir any resting juices from steak into gravy. Season with salt and pepper, to taste.
- Divide sweet potato mash, steak and roasted veggies between plates.
- Spoon pan gravy over steak.

# **Dinner Solved!**