



Steaks and Creamy Pan Sauce

with Twice-Baked Sweet Potatoes and Cheddar Broccoli

Special

45 Minutes



Striploin
Steak
370 g | 740 g

Tenderloin
Steak
340 g | 680 g

Customized Protein **+** Add **↻** Swap **or** **×2** Double

If you chose to alter 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)



Top Sirloin Steak
285 g | 570 g



Sweet Potato
2 | 4



Broccoli
227 g | 454 g



Shallot
1 | 2



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

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.

Pantry items | Unsalted butter, pepper, salt, oil

Cooking utensils | Silicone brush, measuring spoons, baking sheet, parchment paper, aluminum foil, large non-stick pan, paper towels, medium bowl, measuring cups

1



Start sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Pierce **sweet potatoes** all over with a fork, then place on a microwavable plate. Brush with $\frac{1}{2}$ tsp (1 tsp) **oil**, then season with **salt** and **pepper**.
- Place on a microwave-safe plate. Microwave on high, carefully flipping halfway through, until fork-tender, 6-8 min.
- Carefully remove **potatoes** from the microwave, then set aside until cool enough to handle, 5-10 min.

4



Stuff potatoes and bake veggies

- When **sweet potatoes** are cool enough to handle, halve lengthwise. Then, scoop out the flesh of each half into a medium bowl, keeping a $\frac{1}{4}$ -inch border of flesh intact on **potato skin**.
- Mash removed flesh with a fork until smooth.
- Add **cream cheese**, **half the cheddar cheese** and **half the green onions**. Season with **salt** and **pepper**, then stir to combine.
- Fill **each sweet potato skin** with **filling**. Arrange, filling-sides 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.

2



Prep veggies and season

- 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 $\frac{1}{2}$ **tbsp** (1 tbsp) **oil** over top. Season with $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **garlic salt** and **pepper**, then toss to coat. (**TIP**: Adding water to the broccoli helps it to steam while it bakes!)
- Set aside.

5



Make sauce

- Meanwhile, reheat the same pan (from step 3) over medium-low.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **shallots**. Stir until tender, 2-3 min.
- Sprinkle **Cream Sauce Spice Blend** over top. Stir to coat.
- Stir in $\frac{2}{3}$ **cup** (1 cup) **water**, **cream**, **broth concentrate** and **as much mustard as desired**.
- Bring to a gentle boil. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat. Cover to keep warm.

3



Pan-fry steaks

🔄 Swap | **Striploin Steak**

🔄 Swap | **Tenderloin Steak**

- 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 **steaks** 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 let rest, 5 min.
- Remove the pan from heat, then wipe clean.

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Pan-fry steaks

🔄 Swap | **Striploin Steak**

If you've opted for **striploin steak**, cook it in the same way the recipe instructs you to cook the **sirloin steak**.

3 | Pan-fry steaks

🔄 Swap | **Tenderloin Steak**

If you've opted for **tenderloin steaks**, cook them in the same way the recipe instructs you to cook the **sirloin steaks**.

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