



Thyme-Butter Striploin Steak

with Garlic Potatoes, Green Beans and Bacon

Striploin Special 35 Minutes

+2 Double Swap Swap

Striploin Steak	Tenderloin Steak	Top Sirloin Steak
740 g 1480 g	340 g 680 g	285 g 570 g

Customized Protein

+ Add

Swap

or

x2 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)



Striploin Steak 370 g 740 g	Bacon Strips 100 g 200 g
Yellow Potato 450 g 900 g	Green Beans 170 g 340 g
Shallot 1 2	Crispy Shallots 28 g 56 g
Thyme 7 g 14 g	Garlic Spread 2 tbsp 4 tbsp
Whole Grain Mustard ½ tbsp 1 tbsp	Zesty Garlic Blend 7 g 14 g

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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, oil, salt, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper, small bowl, tongs

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Remove 2 tbsp (4 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

- Remove any brown spots from **potatoes** then cut into ½-inch wedges.
- On a parchment-lined baking sheet, toss together **potatoes, half the Zesty Garlic Blend** and **1 tbsp oil**. (NOTE: For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**.
- Roast in the **middle** of the oven for 25-28 min, flipping halfway through, until tender and golden. (NOTE: For 4 servings, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Prep

- Meanwhile, trim **green beans**.
- Finely chop **shallot**.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then finely chop.

2



Sear and roast steak

×2 Double | Striploin Steak

Swap | Tenderloin Steak

Swap | Top Sirloin Steak

- Meanwhile, pat **steak** dry with paper towels. Season with **remaining Zesty Garlic Blend, salt** and **pepper**.
- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Cook 1-2 min per side, until browned.
- Remove from heat and transfer **steak** to an unlined baking sheet.
- Roast in the **top** of the oven 6-10 min or until cooked to desired doneness.** When **steak** is done, remove from heat and transfer to a plate.
- Loosely cover with foil and set aside to rest for 2-3 min.
- Carefully wipe the pan clean.

5



Cook veggies and make medley

- Reheat the same pan with **reserved bacon fat** over medium-high.
- When hot, add **green beans, shallots, half the mustard** (use all for 4 servings) and **¼ cup** (½ cup) **water**. Cook for 5-7 min, stirring often, until water evaporates. Season with **salt** and **pepper**. Remove from heat.
- Crumble **bacon**.
- Add **bacon** to **veggie mixture**.

3



Cook bacon

- While the **steak** roasts, reheat the same pan over medium.
- When hot, add **bacon**. (NOTE: For 4 servings, cook bacon in batches.) Cook for 5-8 min, flipping occasionally, until crispy.**
- Remove the pan from heat.
- Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.
- Discard all but **½ tbsp** (1 tbsp) **bacon fat**.

6



Flavour butter and serve

- Meanwhile, in a small bowl, combine **half the thyme** and **2 tbsp** (4 tbsp) **butter**. Season with **salt** and **pepper**.
- Add **garlic spread** and **remaining thyme** to the baking sheet with **potatoes**, then toss to coat.
- Thinly slice **steak**.
- Divide **steak, potatoes** and **green bean-bacon mixture** between plates.
- Dollop **thyme butter** over **steak**.
- Sprinkle **crispy shallots** over **green bean-bacon mixture**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Sear and roast steak

×2 Double | Striploin Steak

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

2 | Sear and roast steak

Swap | Tenderloin Steak

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

2 | Sear and roast steak

Swap | Top Sirloin Steak

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

** Cook beef to a minimum internal temperature of 145°F for medium-rare; steak size will affect doneness. Cook bacon to a minimum internal temperature of 160°F.