



# Beef Steak with Pan Gravy

with Roasted Garlic Smashed Potatoes and Shallot Green Beans

**PRONTO** 30 Minutes



Beef Steak



Yellow Potato



Garlic



Green Beans



Shallot



All-Purpose Flour



Beef Broth Concentrate

**HELLO GARLIC**

*When roasted, garlic becomes sweet, sticky and oh so good!*

# Start Strong

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

## Bust Out

2 Baking Sheets, Large Pot, Measuring Cups, Measuring Spoons, Medium Pot, Paper Towels, Aluminum Foil, Strainer, Large Non-Stick Pan

## Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Yellow Potato	300 g	600 g
Garlic	9 g	18 g
Green Beans	170 g	340 g
Shallot	50 g	100 g
All-Purpose Flour	1 tbsp	2 tbsp
Beef Broth Concentrate	1	2
Unsalted Butter*	3 tbsp	6 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 our meal kit labels for the most current allergen 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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### 1. PREP

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. Cover and bring to a boil over high heat. Trim **beans**. Peel, then thinly slice **half the shallot**. Finely chop **remaining shallot**. Peel **garlic cloves**. Pat **steaks** dry with paper towels, then season with **salt** and **pepper**.



### 4. MAKE PAN-GRAVY

Heat the same pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **remaining shallots**. Cook, stirring often, until tender, 2-3 min. Sprinkle over **flour**. Cook, stirring often, until coated, 1-2 min. Stir in **broth concentrate** and **1 cup water** (dbl for 4 ppl). Cook, stirring often, until slightly thickened, 3-4 min. Stir in any **steak juices** from baking sheet, then season with **salt** and **pepper**.



### 2. ROAST VEGGIES & GARLIC

Toss **beans** and **sliced shallots** with **½ tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Wrap **garlic cloves** in a small piece of foil with **½ tbsp oil** (dbl for 4 ppl). Roast **veggies** and **garlic packet**, in the **top** of the oven, tossing **beans** halfway through cooking, until **garlic** is soft and **veggies** are tender-crisp, 12-14 min.



### 5. FINISH MASH

When **potatoes** are tender, reserve **¼ cup cooking liquid** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off the heat. Using a masher, roughly mash in **roasted garlic**, **reserved cooking liquid** and **2 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**.



### 3. COOK STEAK & FINISH GARLIC

While **veggies** and **garlic** roast, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **steaks**. Pan-fry, until golden, 1-2 min per side. Remove pan from the heat, then transfer **steaks** to another baking sheet. Roast, in **middle** of the oven, until cooked to desired doneness, 5-8 min. \*\* When **garlic** is soft, remove **cloves** from packet and mash with a fork until smooth. Set aside.



### 6. FINISH AND SERVE

Thinly slice **steaks**. Divide **mash**, **steaks** and **green beans** between plates. Spoon **pan gravy** over **steaks**.

## Dinner Solved!