



Beef Steaks and Worcestershire Cream

with Mushrooms and Garlic Green Beans

Carb Smart

30 Minutes



Beef Steak



Mushrooms



Green Beans



Garlic



Worcestershire Sauce



Beef Broth Concentrate



Sour Cream

HELLO WORCESTERSHIRE

This condiment gives food an alluring je ne sais quoi vibe!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Beef Steak	285 g	570 g
Mushrooms	227 g	454 g
Green Beans	340 g	680 g
Garlic	6 g	12 g
Worcestershire Sauce	½ tbsp	1 tbsp
Beef Broth Concentrate	1	2
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	4 tbsp	8 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Trim, then halve **green beans**. Peel, then mince or grate **garlic**. Halve **mushrooms**. Pat **steaks** dry with paper towels. Season with **salt and pepper**.



Sear steaks

While the **green beans** cook, heat the same pan (from step 2) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **steaks**. Sear, until golden-brown, 2-3 min per side. Remove pan from heat and transfer **steaks** to another baking sheet. Bake in the **bottom** of the oven, until cooked to desired doneness, 5-8 min.** Carefully wipe pan clean.



Roast mushrooms

Heat a large non-stick pan over medium-high heat. Add **2 tbsp butter** (dbl for 4 ppl). When **butter** is melted, remove from heat. Add **mushrooms** and **half the garlic**. Season with **salt and pepper**, then toss to coat. Add **mushroom mixture** to a parchment-lined baking sheet. Roast in the **top** of the oven, until golden and tender, 14-16 min. Carefully wipe pan clean.



Make sauce

Heat the same pan over medium-high. Add **1 tbsp butter** (dbl for 4 ppl), then swirl to melt. Add **broth concentrate** and **½ cup water** (dbl for 4 ppl) and **half the Worcestershire sauce** (use all for 4 ppl). Cook, until **sauce** is almost reduced by half, 2-4 min. Remove from heat, then stir in **sour cream** until combined.



Cook beans

While the **mushrooms** roast, add **8 cups water** and **2 tsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, add **green beans** and cook until tender-crisp, 3-4 min. Drain and set aside. Return pot to medium. Add **1 tbsp butter** (dbl for 4 ppl) and **remaining garlic** to the pot. Cook until fragrant, 1 min. Remove from heat. Add **green beans**, then season with **salt and pepper**. Toss to combine.



Finish and serve

Slice **steaks** and divide between plates. Serve **mushrooms** and **green beans** alongside. Spoon **sauce** over **beef**.

Dinner Solved!