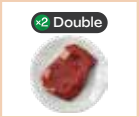




# Striploin Steak and Creamy Pan Sauce

## with Twice-Baked Potatoes and Cheddar Broccoli

Steak Night 45 Minutes



Double Striploin Steak  
740 g | 1480 g

↗ Custom Recipe + Add ↻ Swap or \*2 Double

If you chose to double 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



Russet Potato  
2 | 4



Broccoli, florets  
227 g | 454 g



Shallot  
1 | 2



Green Onion  
2 | 4



Cream Cheese  
2 | 4



Cheddar Cheese, shredded  
1/2 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.

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Ingredient quantities 56g | 113g  
2 person 4 person

Pantry items | Oil\*, salt\*, pepper\*, unsalted butter\*

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

1



### Start potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Pierce **potatoes** all over with a fork, then place on a microwavable plate. Brush with  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then season all over with **salt** and **pepper**.
- Microwave on high, carefully flipping halfway through, until fork-tender, 6-8 min. (**NOTE**: If you don't have a microwave, bake potatoes directly on the middle rack of the oven, flipping halfway through, until fork-tender, 45-55 min.)
- Carefully remove **potatoes** from the microwave, then set aside until cool enough to handle, 10-15 min.

2



### Prep veggies and season broccoli

- 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 **tbps**) **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.

3



### Pan-fry steak

- \*2 **Double** | **Striploin Steak**
- Meanwhile, 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 **tbps**) **oil**, then **steak** and reduce heat to medium.
- Pan-fry until cooked to desired doneness, 4-6 min per side. \*\* (**NOTE**: Don't overcrowd the pan. Cook steak in batches, if necessary.)
- When **steak** is done, transfer to a cutting board. Loosely cover with foil and set aside to rest for 5 min.
- Remove the pan from heat, then carefully wipe clean.

4



### Stuff and bake potatoes

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

5



### Make sauce

- Meanwhile, reheat the same pan (from step 3) over medium-low.
- When hot, add **1 tbsp** (2 **tbps**) **butter**, then **shallots**. Cook, stirring often, until tender, 2-3 min.
- Sprinkle **Cream Sauce Spice Blend** over **shallots**.
- Stir to coat, 30 sec. Stir in  $\frac{3}{4}$  **cup** (1  $\frac{1}{4}$  **cups**) **water**, **cream**, **broth concentrate** and **mustard**.
- Bring to a gentle boil. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Remove from heat. Season with **salt** and **pepper**, to taste. Cover to keep warm.

6



### Finish and serve

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

Measurements  
within steps

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

## 3 | Pan-fry steak

\*2 **Double** | **Striploin Steak**

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

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



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