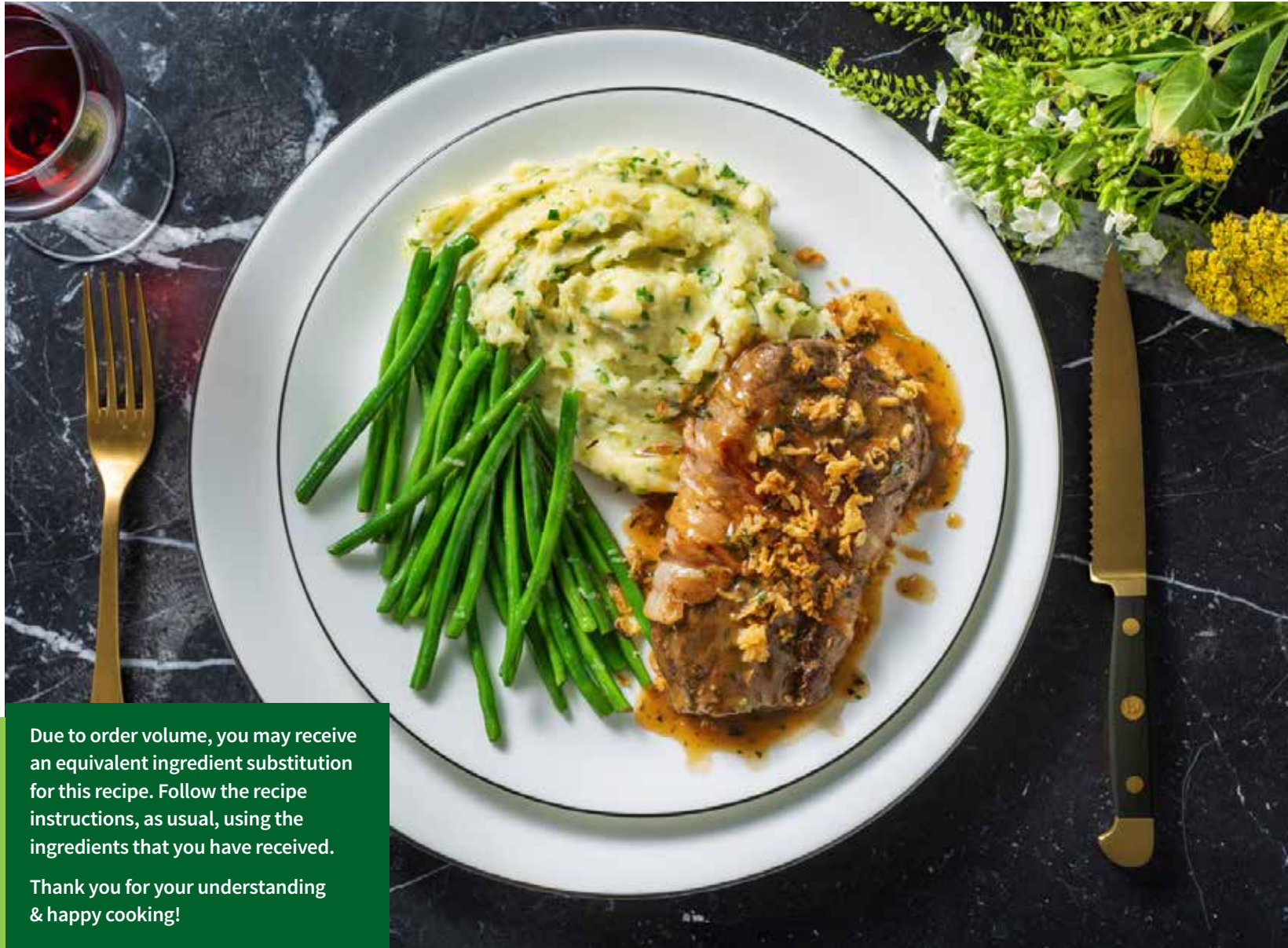




# Montreal-Spiced Bacon-Wrapped Steak

## with Garlic Beans and Creamy Mash

**SPECIAL** 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Beef Steak



Bacon Strips



Russet Potato



Sour Cream



Green Beans



Thyme



Garlic



Crispy Shallots



Montreal Spice Blend



Parsley



Beef Broth Concentrate



All-Purpose Flour

### HELLO STEAK

*Patting your steak dry before seasoning and searing ensures the perfect browned steak*

## START HERE

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

### Bust Out

Large Non-Stick Pan, Whisk, Large Pot, Measuring Cups, Peeler, Paper Towels, Measuring Spoons, Tongs, Baking Sheet, Large Bowl, Aluminum Foil, Potato Masher, Strainer

### Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Bacon Strips	100 g	200 g
Russet Potato	460 g	920 g
Sour Cream	6 tbsp	12 tbsp
Green Beans	170 g	340 g
Thyme	7 g	7 g
Garlic	9 g	18 g
Crispy Shallots	28 g	56 g
Montreal Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	14 g
Beef Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

\*\*\* 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. ROAST GARLIC & PREP

Peel **garlic**. Toss **garlic** with **½ tbsp oil** (dbl for 4 ppl) on a small sheet of foil, then wrap tightly closed. Add **wrapped garlic** to a baking sheet. Roast in **middle** of oven, until softened, 16-18 min. Meanwhile, peel, then cut **potatoes** into 1-inch pieces. Strip **1 tbsp thyme** (dbl for 4 ppl). Roughly chop **parsley**. Cut stems off **green beans**.



### 4. MAKE GRAVY & GARLIC OIL

While **steak** cooks, heat the same pan (with excess fat) over medium heat. When hot, add **flour**. Cook, stirring together, until combined, 1 min. Add **1 cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring together, until combined, 1 min. Add **thyme** and **remaining Montreal Spice Blend**. Bring to a simmer. Cook, stirring often, until thickened, 2-5 min. When **garlic** is done, remove foil and transfer to a large bowl. Whisk in **1 tbsp oil** (dbl for 4 ppl), until **garlic** is smooth.



### 2. COOK POTATOES & PREP STEAK

Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1-inch) in a large pot. (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. Meanwhile, pat **steak** dry with paper towels. Sprinkle over **half the Montreal Spice Blend**, then wrap **2 bacon strips** around **each steak**.



### 5. COOK BEANS & MAKE MASH

When **potatoes** are done, add **beans** (don't stir) to same pot. Cook, until tender, 2-5 min. Using tongs, add **beans** to **garlic oil**. Season with **salt** and **pepper**, then toss together. Drain **potatoes** and return to same pot, off heat. Using a masher, mash in **sour cream**, **parsley**, **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl), until smooth. Season with **salt** and **pepper**.



### 3. COOK STEAK

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **bacon-wrapped steaks**. Cook, until golden, 2-3 min per side. \*\* Remove pan from heat and reserve **excess fat** (the fat is used in Step 4). Add **bacon-wrapped steaks** to the sheet with **garlic**. Roast in **middle** of oven, until cooked to desired doneness, 5-10 min. \*\*\*



### 6. FINISH AND SERVE

Stir any **steak juices** from the baking sheet into the **gravy**. Divide the **mash**, **bacon-wrapped steaks** and **garlic beans** between plates. Sprinkle over **crispy shallots** and spoon over **gravy**.

## Dinner Solved!