














# Montreal-Spiced Bacon-Wrapped Steak

with Garlic Beans and Creamy Mash

Special

35 Minutes



-  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

Vegetable peeler, measuring spoons, potato masher, strainer, tongs, aluminum foil, large bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels

## 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
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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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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## Roast garlic & prep

Peel **garlic**. Toss **garlic** with  $\frac{1}{2}$  **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**. Trim **green beans**.



## 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.



## 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**.



## Cook beans & make mash

When **potatoes** are done, add **green beans** (don't stir) to same pot. Cook, until tender, 2-5 min. Using tongs, add **green 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** and **2 tbsp butter** (dbl for 4 ppl), until smooth. Season with **salt** and **pepper**.



## Cook steak

Heat a large non-stick pan over medium-high heat. When hot, add  $\frac{1}{2}$  **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 the **middle** of the oven, until cooked to desired doneness, 5-10 min.\*\*\*



## Finish and serve

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

## Dinner Solved!