



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 a perfectly 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, colander, 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 Steak Spice	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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Roast garlic and 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 the **middle** of the 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 and garlic oil

While **steaks** cook, 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 Steak Spice**. Bring to a simmer. Cook, stirring often, until thickened, 2-5 min. When **garlic** is done, remove foil and transfer to a large bowl. Add **1 tbsp oil** (dbl for 4 ppl), then whisk until combined and **garlic** is smooth.



Cook potatoes and 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. Season with **half the Montreal Steak Spice**, then wrap **2 bacon strips** around **each steak**.



Cook beans and make mash

When **potatoes** are almost done, add **green beans** to the 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 and bacon is cooked through, 2-3 min per side. ** Remove pan from heat, reserving **excess fat**. Add **bacon-wrapped steaks** to the baking sheet with **garlic**. Roast in the **middle** of the oven, until steak is cooked to desired doneness, 5-10 min. ***



Finish and serve

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

Dinner Solved!