



Montreal-Spiced Bacon-Wrapped Steak




with Garlic Beans and Creamy Mash

Special

Spicy

35 Minutes



-  Beef Steak
-  Bacon Strips
-  Russet Potato
-  Sour Cream
-  Green Beans
-  Thyme
-  Garlic, cloves
-  Crispy Shallots
-  Montreal Steak Spice
-  Parsley
-  Beef Broth Concentrate
-  All-Purpose Flour

HELLO STEAK

Patting your steak dry before seasoning and searing ensures perfect browning!

Start here

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

Bust out

Baking sheet, 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, cloves	3	6
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 pork to a minimum internal temperature of 71°C/160°F and steak to a minimum internal temperature of 63°C/145°F (for medium-rare), as size may vary.

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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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. Place **wrapped garlic** on an unlined baking sheet. Roast in the **middle** of the oven until softened, 16-18 min. While **garlic** roasts, peel, then cut **potatoes** into 1-inch pieces. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Roughly chop **parsley**. Trim **green beans**.



Make gravy and garlic oil

While **steaks** roast, heat the pan with **bacon fat** over medium. When hot, add **flour**. Cook, stirring often, until combined, 1 min. Add **1 cup water** (dbl for 4 ppl) and **broth concentrate**. Cook, stirring often, until combined, 1 min. Add **thyme** and **remaining Montreal Steak Spice**. Bring to a simmer. Cook, stirring often, until **gravy** thickens, 2-5 min. When **garlic** is done, carefully remove from foil and transfer to a large bowl. Add **1 tbsp oil** (dbl for 4 ppl), then whisk until combined and smooth.



Cook potatoes and prep steaks

Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1-inch) to a large pot (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. While **potatoes** cook, pat **steaks** 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, transfer **green beans** to the bowl with **garlic oil**. Season with **salt** and **pepper**, then toss coat. Drain **potatoes** and return them to same pot, off heat. Mash **sour cream**, **parsley** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**.



Cook steaks

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 **bacon** is golden and cooked through, 2-3 min per side.** Remove the pan from heat. Transfer **bacon-wrapped steaks** to the baking sheet with **garlic**, reserving **bacon fat** in the pan. Roast **steaks** in the **middle** of the oven until cooked to desired doneness, 5-8 min.**



Finish and serve

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

Dinner Solved!