



Pan-Seared Striploin and Savoury Mushroom Gravy with Brussels Sprouts and Wild Rice

Striploin Special 35 Minutes

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*2 Double

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*2 Double



Striploin Steak

740 g | 1480 g



Striploin Steak
370 g | 740 g



Mushrooms
113 g | 227 g



Miso Broth Concentrate
1 | 2



Wild Rice Medley
1 cup | 2 cups



Parsley and Thyme
14 g | 21 g



Chicken Stock Powder
1 tbsp | 2 tbsp



Brussels Sprouts
227 g | 454 g



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Beef Broth Concentrate
1 | 2



Garlic, cloves
2 | 4

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.

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Strip **some thyme leaves** from stems, then chop **½ tbsp** (1 tbsp).
- Stir together **wild rice medley, chicken stock powder, chopped thyme, 2 cups** (4 cups) **water, 1 tbsp** (2 tbsp) **butter** and **¼ tsp** (½ tsp) **salt** in a medium pot (use a large pot for 4 ppl). Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove from heat. Set aside, still covered.

2



Prep and roast Brussels sprouts

- Meanwhile, thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Whisk together **miso broth concentrate, beef broth concentrate** and **1 cup** (2 cups) **water**. Set aside.
- Halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts, half the garlic** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven, flipping once halfway through, until tender, 16-20 min.

3



Cook steaks

- Pat **steaks** dry with paper towels, then season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **steaks**. Sear until golden-brown, 2-3 min per side.
- Remove from heat, then transfer **steaks** to another baking sheet.
- Roast in the **middle** of the oven, until cooked to desired doneness, 5-8 min.**
- When **steaks** are done, transfer to a cutting board. Cover loosely with foil, then set aside to rest, 5 min.

4



Cook mushrooms

- Meanwhile, heat the same pan over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **mushrooms** and **remaining thyme sprig**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **remaining garlic** and **Cream Sauce Spice Blend**. Cook, stirring often, until **veggies** are coated and **garlic** is fragrant, 1 min.

5



Make sauce

- Slowly add **miso-beef broth mixture** to the pan.
- Cook, stirring constantly, until **sauce** thickens slightly, 2-4 min.
- Season with **salt** and **pepper**, to taste.
- Carefully remove **thyme sprig**.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **parsley**.
- Thinly slice **steaks**.
- Divide **rice, steak** and **Brussels sprouts** between plates.
- Top **steak** with **mushroom sauce**.

3 | Cook steaks

×2 Double | Striploin Steak

If you've opted for **double steak**, prepare and cook 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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