

Pan-Seared Striploin and Savoury Mushroom Gravy

with Asparagus and Wild Rice

Special Plus

35 Minutes







Wild Rice Medley

Chicken Stock Powder





Miso Broth





Parsley and Thyme

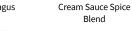


Asparagus





Beef Broth Concentrate





Garlic, cloves

Start here

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

Measurements, 1 tbsp (2 tbsp) within steps

Bust out

2 Baking sheets, measuring spoons, aluminum foil, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingradients

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	2 Person	4 Person
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
Asparagus	227 g	454 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Beef Broth Concentrate	1	2
Garlic, cloves	2	4
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 63°C/145°F (for medium-rare), as size may vary.

Alleraens

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.

Contact

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Cook rice

- 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 1/4 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 the pot from heat. Set aside, still covered.



Cook mushrooms

- Meanwhile, heat the same pan over
- Add 1 tbsp (2 tbsp) butter, then swirl the pan until melted.
- 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.



Prep

- Meanwhile, thinly slice mushrooms.
- Trim and discard bottom 1-inch from asparagus.
- Peel, then mince or grate garlic.
- Roughly chop parsley.
- Whisk together miso broth concentrate and 1 cup (2 cups) water. Set aside.
- Add asparagus, half the garlic and 1/2 tbsp (1 tbsp) oil to a baking sheet. Season with salt and pepper, then toss to combine. Set aside.
- Pat steak dry with paper towels, then season with **salt** and **pepper**.



Make sauce

- Slowly add miso 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.



Cook asparagus and steak

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp (1 tbsp) oil, then steak. Sear until golden-brown, 2-3 min per side.
- Remove the pan from heat, then transfer **steak** to another baking sheet.
- Roast asparagus in the top of the oven until tender-crisp, 5-8 min.
- Roast **steak** in the **middle** of the oven, until cooked to desired doneness, 5-8 min.**
- When **steak** is done, transfer to a cutting board. Cover loosely with foil, then set aside to rest for 5 min.



Finish and serve

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

Dinner Solved!

