



Steak and Fennel-Apple-Walnut Salad

with Creamy Caramelized Onion Gravy and Smashed Potatoes

Special Plus 35 Minutes



-  Striploin Steak
-  Garlic Salt
-  Yellow Potato
-  Yellow Onion
-  Cream
-  All-Purpose Flour
-  Beef Broth Concentrate
-  White Wine Vinegar
-  Fennel
-  Gala Apple
-  Chives
-  Walnuts, chopped

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, medium bowl, vegetable peeler, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Garlic Salt	1 tsp	2 tsp
Yellow Potato	480	960
Yellow Onion	113 g	226 g
Cream	56 ml	113 ml
All-Purpose Flour	1 tbsp	2 tbsp
Beef Broth Concentrate	1	2
White Wine Vinegar	1 tbsp	2 tbsp
Fennel	½	1
Gala Apple	½	1
Chives	7 g	14 g
Walnuts, chopped	28 g	56 g
Sugar*	½ tsp	1 tsp
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** 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 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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1 Prep

- Cut **potatoes** into 1-inch pieces.
- Thinly slice **chives**.
- Peel, then cut **onion** into ¼-inch slices.
- Halve **fennel** through the root, then remove tough outer layer. Using a peeler, shave **half the fennel** along into thin strips along the grain, avoiding the root (whole fennel for 4 ppl).
- Core, then thinly slice **half the apple** (whole apple for 4 ppl).



4 Cook steak

- Meanwhile, pat **steak** dry with paper towels, then season with **pepper** and **½ tsp garlic salt** (dbl for 4 ppl).
- When **walnuts** are done, return the same pan to medium-high.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **steak**. Sear until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **steak** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked to desired doneness, 6-8 min.**
- When **steaks** are done, transfer to a clean cutting board to rest for 3-5 min.



2 Boil and smash potatoes

- 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-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.
- Roughly mash **half the cream** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **salt** or **garlic salt** and **pepper**, to taste.



5 Make onion gravy

- Return the same pan to medium.
- Add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until golden-brown, 3-4 min. Season with **salt** and **pepper**.
- Sprinkle **flour** over **onions**, then stir to coat, 30 sec.
- Gradually stir in **¾ cup water** (1 ½ cups for 4 ppl) and **broth concentrate** until combined. Bring to a simmer.
- Once simmering, add **remaining cream**. Simmer, stirring often, until **gravy** thickens slightly, 2-3 min.
- Add **any steak juices** from the baking sheet to **gravy**. Season with **salt** or **any remaining garlic salt** and **pepper**, to taste.
- Remove the pan heat.



3 Make salad and toast walnuts

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, add **vinegar**, **1 ½ tbsp oil** and **½ tsp sugar** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **fennel** and **apples** to the bowl, then toss to combine.
- When the pan is hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer **walnuts** to the bowl with **fennel and apples**.



6 Finish and serve

- Thinly slice **steak**.
- Add **half the chives** to **salad**, then toss to combine.
- Divide **steak**, **salad** and **smashed potatoes** between plates.
- Spoon **onion gravy** over **steak**.
- Sprinkle **remaining chives** over plate.

Dinner Solved!