



STEAK AU JUS

with Potato & Onion Mash and Spinach

FAMILY



HELLO

STEAK AU JUS

Our juicy steak is served au jus which means a light sauce that's usually made with rich butter, sherry and Dijon

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 558



Beef Steak



Baby Red Potatoes



Green Onions



Sour Cream



Sherry Vinegar



Dijon Mustard



Baby Spinach



Garlic



Chili Flakes

BUST OUT

- Baking Sheet
- Paper Towel
- Measuring Cups
- Large Non-Stick Pan
- Small Bowl
- Sugar (1 tsp)
- Measuring Spoons
- Butter 2 (3 tbsp)
- Potato Masher
- Salt and Pepper
- Garlic Press
- Olive or Canola oil
- Medium Pot

INGREDIENTS

4-person

- Beef Steak 570 g
- Baby Red Potatoes 680 g
- Green Onions 4
- Sour Cream 2 6 tbsp
- Sherry Vinegar 9 1 tbsp
- Dijon Mustard 6,9 2 tbsp
- Baby Spinach 227 g
- Garlic 20 g
- Chili Flakes 1 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 63°C/145°F.



START STRONG

Preheat your oven to **425°F** (to finish steak). Start prepping when your oven comes up to temperature! In Step 5, use the following heat guide to determine the spice level you prefer – add **1/8 tsp** for warm, **1/4 tsp** for hot and **1/2 tsp** for spicy!



1 PREP Wash and dry all produce.* Mince or grate the **garlic**. Thinly slice the **green onions**. Cut the **potatoes** into 1-inch pieces. In a medium pot, combine the potatoes with **2 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Once the water is boiling, reduce the heat to medium-high. Simmer (uncovered) until the potatoes are fork-tender, 10-12 min.



4 MAKE PAN SAUCE Meanwhile, heat the same pan over medium heat. When the pan is hot, add **1 tbsp oil**, then **half the green onions** and **half the garlic**. Cook until fragrant, 1 min. Stir in the **mustard**, **1 tbsp vinegar**, **1 tsp sugar** and **1/4 cup water**. Add **2 tbsp butter** and swirl pan until butter melts. Cook, stirring, until sauce comes together, 1-2 min. Season with **salt** and **pepper**. Transfer sauce to a small bowl.



2 SEAR STEAK Meanwhile, pat the **steak** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then the steak. Pan-fry until cooked to desired doneness, 5-8 min per side. (**TIP:** Cook to a min. internal temp. of 63°C/145°F for medium-rare; steak size will affect doneness.**)



5 WILT SPINACH Carefully wipe same pan clean and return to stove. Reduce heat to medium-low. Add the **remaining garlic**, **1 tbsp butter** and **1/4 tsp chili flakes**. (**NOTE:** Reference heat guide in Start Strong.) Stir together until the butter melts, 1 min. Add the **spinach**. Cook, stirring often, until wilted, 1-2 min. Season with **salt** and **pepper**. Remove pan from heat and set aside.



3 FINISH STEAK When the **steak** is done, remove the pan from the heat and transfer the steak to a plate. Loosely cover with foil and set aside to rest, 3-5 min. Carefully wipe the pan clean.



6 FINISH AND SERVE Drain and return **potatoes** to same pot. Using a potato masher, lightly mash potatoes. Stir in **sour cream** and **remaining green onions**. Season with **salt** and **pepper**. Thinly slice **steak**. Divide potatoes, spinach and steak between plates. Spoon **sauce** over steak.

MAKE IT AGAIN!

Recreate this meal and impress with this crowd-pleasing steak dinner!

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