



Steak in Balsamic Mushroom Sauce

with Roasted Veggies and Smashed Potatoes

Striploin Special

40 Minutes



Striploin Steak
370 g | 740 g



Beef Broth Concentrate
1 | 2



Garlic Salt
1 tsp | 2 tsp



Mushrooms
113 g | 227 g



Cream
56 ml | 113 ml



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Red Potato
400 g | 800 g



Balsamic Glaze
2 tbsp | 4 tbsp



Brussels Sprouts
170 g | 340 g



Red Onion
1/2 | 1



Garlic Spread
2 tbsp | 4 tbsp

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Thinly slice **mushrooms**.
- Remove any damaged outer leaves, then halve **Brussels sprouts** (if larger, quarter them).
- Peel, then cut **half the onion** into ½-inch wedges (use whole onion for 4 ppl).
- Add **Brussels sprouts, onions, ½ tsp (1 tsp) garlic salt, 1 tbsp (2 tbsp) oil** and **pepper** to a parchment-lined baking sheet. Toss to combine.
- Roast in the **bottom** of the oven, stirring halfway through, until tender, 16-20 min.

2



Prep and cook potatoes

- Meanwhile, cut **potatoes** into 1-inch pieces.
- 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.
- Drain and return **potatoes** to the same pot, off heat.

3



Prep and cook steaks

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **steak** dry with paper towels, then season with **½ tsp (1 tsp) garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp oil**, then **steak**. Sear until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **steak** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked to desired doneness, 4-6 min. **
- Transfer **steak** to a cutting board. Loosely cover with foil and set aside to rest, 5 min.

4



Make sauce

- Reheat the same pan over medium.
- Add **half the garlic spread**, then swirl the pan to melt, 1 min.
- Add **mushrooms** to the pan. Cook, stirring occasionally, until softened, 4-5 min.
- Sprinkle over **Cream Sauce Spice Blend**. Cook, stirring constantly, until coated, 1 min.
- Add **beef broth concentrate** and **⅓ cup (1 ⅓ cup) water** to the pan. Cook, stirring occasionally, until slightly reduced, 2-3 min.
- Remove the pan from heat, then stir in **half the balsamic glaze**.

5



Finish potatoes and veggies

- Roughly mash **remaining garlic spread** and **cream** into **potatoes** until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, to taste.
- Once **veggies** are tender, drizzle over **remaining balsamic glaze**, then toss to combine. Set aside.

6



Finish and serve

- Thinly slice **steak**.
- Stir **any steak resting juices** into **mushroom sauce**.
- Divide **potatoes** and **veggies** between plates.
- Top **potatoes** with **steak**, then spoon over **sauce**.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.



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