



Striploin Steak and Blueberry-Balsamic Reduction












with Green Bean Almandine and Goat Cheese Mash

Striploin Special

Optional Spice

35 Minutes



-  Striploin Steak
370 g | 740 g
-  Green Beans
170 g | 340 g
-  Russet Potato
2 | 4
-  Cream
56 ml | 113 ml
-  Shallot
1 | 2
-  Beef Broth Concentrate
1 | 2
-  Blueberry Jam
2 tbsp | 4 tbsp
-  Balsamic Glaze
2 tbsp | 4 tbsp
-  Almonds, sliced
28 g | 56 g
-  Cracked Black Pepper
¼ tsp | ½ tsp
-  Goat Cheese
28 g | 56 g
-  Parsley
7 g | 14 g

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, medium bowl, vegetable peeler, measuring spoons, potato masher, strainer, aluminum foil, large bowl, measuring cups, large pot, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1



Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then 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.

2



Prep and toast almonds

- Meanwhile, finely chop **parsley**.
- Trim **green beans**.
- Peel, then cut **shallot** into ¼-inch slices.
- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on the almonds so they don't burn!) Transfer to a medium bowl.

3



Cook green beans

- Add **green beans** and ¼ **cup** (½ cup) **water** to the same pan. Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil** and **half the shallots**. Cook, stirring often, until **shallots** are tender and **green beans** are tender-crisp, 1 min. Season with **salt** and **pepper**, to taste.
- Transfer **green beans** to a large bowl, then cover to keep warm.

4



Cook steak and finish potatoes

- Meanwhile, pat **steak** dry with paper towels, then season with **salt** and **pepper**.
- Add **1 tbsp** (2 tbsp) **oil** to the same pan (from step 3), then **steak**. Sear until golden-brown, 1-2 min per side.
- Remove the pan 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.**
- When **steak** is done, transfer to a plate. Cover loosely with foil, then set aside to rest for 5 min.
- Meanwhile, mash **cream** and **1 tbsp** (2 tbsp) **butter** into **potatoes** until creamy. Stir in **goat cheese** and **half the parsley**. Season with **salt** and **pepper**, to taste.

5



Make reduction

- Reheat the same pan over medium-low.
- Add ½ **tbsp** (1 tbsp) **oil**, then **remaining shallots**. Cook, stirring often, until **shallots** soften, 3-4 min.
- Add **blueberry jam**, **balsamic glaze**, **broth concentrate**, ¼ **cup** (½ cup) **water** and ¼ **tsp cracked black pepper**. (**NOTE:** Reference heat guide). Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Add **1 tbsp** (2 tbsp) **butter**. Stir until melted, 1-2 min.

6



Finish and serve

- Toss **green beans** with **almonds**.
- Thinly slice **steak**.
- Divide **goat cheese mash**, **green bean almandine** and **steak** between plates.
- Spoon **blueberry-balsamic reduction** over **steak**. Sprinkle with **remaining parsley**.

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



Issue with your meal? Scan the QR code to share your feedback.