HELLO FRESH

Striploin Steak and Pan Sauce

with Garlic Smashed Potatoes and Creamed Spinach

Special Plus   35 Minutes

Striploin Steak

Russet Potato

Shallot

Garlic, cloves

Dijon Mustard

Chives

Cream

Baby Spinach

Montreal Steak Spice

Cream Sauce Spice Blend

Beef Broth Concentrate

Cream Cheese

HELLO MONTREAL STEAK SPICE

The perfect blend of spices for beef!

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, measuring cups, whisk, large pot, 2 large non-stick pans, paper towels, aluminum foil

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Russet Potato	460 g	920 g
Shallot	50 g	100 g
Garlic, cloves	3	6
Dijon Mustard	1 tbsp	2 tbsp
Chives	7 g	14 g
Cream	56 ml	113 ml
Baby Spinach	227 g	454 g
Montreal Steak Spice	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Beef Broth Concentrate	2	4
Cream Cheese	43 g	86 g
Milk*	¼ cup	½ cup
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.

1

Prep and cook potatoes

- 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

- Meanwhile, peel, then finely chop **shallot**.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)
- Thinly slice **chives**.

3

Cook steak

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **steak** dry with paper towels. Season with **salt** and **2 tsp Montreal Steak Spice** (dbl for 4 ppl).
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **steak**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **steak** to an unlined baking sheet. Broil in the **middle** of the oven until cooked to desired doneness, 5-8 min.**
- Transfer **steak** to a cutting board. Loosely cover with foil and set aside to rest for 5 min.

4

Make creamed spinach

- Meanwhile, heat another large non-stick pan over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **half the shallots** and **half the garlic**. Cook, stirring often, until fragrant, 1 min.
- Sprinkle **1 tsp Cream Sauce Spice Blend** (dbl for 4 ppl) over top. Stir to coat.
- Add **cream cheese**, **half the** Dijon, **remaining Montreal Steak Spice** and **¼ cup milk** (dbl for 4 ppl). Cook, stirring often, until thickened, 2-3 min
- Add **spinach**. Cook, stirring often, until **spinach** wilts and any water is absorbed, 3-5 min. Remove from heat.

5

Make pan sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **remaining shallots**. Cook, stirring often, until tender, 2-3 min.
- Sprinkle **remaining Cream Sauce Spice Blend** over **shallots**. Cook, stirring often, until coated, 30 sec.
- Whisk in **¾ cup water** (1 ¼ cups for 4 ppl), then **broth concentrates** and **remaining Dijon**. Bring to a simmer.
- Simmer, whisking often, until **sauce** thickens slightly, 2-4 min.

6

Finish and serve

- Mash **cream**, **remaining garlic** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until slightly smashed. (**NOTE:** Smashed potatoes will still have a few chunks!) Add **half the chives**, season with **salt** and **pepper**, to taste, then stir to combine.
- Stir **any steak juices** from the cutting board into **pan sauce**.
- Thinly slice **steak**.
- Divide **steak**, **smashed potatoes** and **creamed spinach** between plates.
- Spoon **pan sauce** over **steak**. Sprinkle **remaining chives** over top.

Dinner Solved!