



BBQ RUBBED STEAK STRIPS

with Creamy Mash and BBQ Sauce

FAMILY



HELLO

BBQ STEAK STRIPS

Nothing like sweet, smoky barbecue flavour on juicy steak strips!

TIME: 30 MIN



Beef Strips



BBQ Seasoning



BBQ Sauce



Asparagus



Garlic



Sour Cream



Chives



Russet Potato

BUST OUT

- 2 Baking Sheets
- Aluminum Foil
- Measuring Spoons
- Large Non-Stick Pan
- Strainer
- Large Pot
- Paper Towel
- Peeler
- Potato Masher
- Salt and Pepper
- Silicone Brush
- Olive or Canola Oil
- Unsalted Butter **2**
(2 tbsp)

INGREDIENTS

	4-person
• Beef Strips	570 g
• BBQ Seasoning 6	1 tbsp
• BBQ Sauce 6,9	¼ cup
• Asparagus	454 g
• Garlic	12 g
• Sour Cream 2	½ cup
• Chives	14 g
• Russet Potato	690 g

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 soja, les sulfites, les noix et le blé.

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

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **450°F** (to roast garlic cloves and asparagus). Start prepping when the oven comes up to temperature!



1 ROAST GARLIC & PREP
Wash and dry all produce.* Halve large **garlic cloves**. Brush a small piece of foil with **1 tsp oil**, then wrap **garlic cloves**. On a baking sheet, add **foil-wrapped cloves**. Roast, in **top** of oven, until **cloves** are softened and fragrant, 16-18 min. Meanwhile, peel, then cut **potatoes** into ½-inch pieces. Finely chop **chives**. Trim and discard bottom 1-inch of **asparagus**.



4 COOK STEAK STRIPS
Meanwhile, heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then **half the beef**. Cook, stirring often, until cooked through, 2-3 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Transfer to a plate and set aside. Repeat with another **1 tbsp oil** and **remaining beef**. When second batch is done, return first batch and add **BBQ sauce**. Cook, stirring often, until warmed through, 1 min.

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2 COOK POTATOES
In a large pot, combine **potatoes**, **1 tsp salt** and enough **water** to cover (approx. 1-2 inches). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until **potatoes** are fork-tender, 10-12 min. Meanwhile, pat **steak strips** dry with paper towel. Sprinkle over **1 tbsp BBQ seasoning**. Season with **salt** and **pepper**.



5 MASH POTATOES
When **garlic cloves** are done, place directly onto a cutting board. Using a fork, mash **cloves** into a paste. When **potatoes** are done, drain and return to the same pot, off heat. Into the pot with **potatoes**, using a fork or potato masher, mash in **roasted garlic**, **sour cream**, **half the chives** and **2 tbsp butter** until smooth. Season with **salt** and **pepper**.



3 ROAST ASPARAGUS
On another baking sheet, toss **asparagus** with **1 tbsp oil**. Season with **salt** and **pepper**. Roast in **middle** of oven, until tender, 8-10 min.



6 FINISH AND SERVE
Divide **mash**, **roasted asparagus** and **BBQ steak strips** between plates. Drizzle over any **remaining BBQ sauce** from the pan. Sprinkle over **remaining chives**.

MAKE IT AGAIN!

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