



Carb Smart Steaks and Worcestershire Cream with Mushrooms and Garlic Green Beans

Carb Smart 30 Minutes



Beef Steak



Mushrooms



Green Beans



Garlic, cloves



Worcestershire Sauce



Beef Broth Concentrate



Sour Cream



All-Purpose Flour



Shallot

HELLO WORCESTERSHIRE SAUCE

This condiment gives food an alluring je ne sais quoi vibe!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, parchment paper, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Beef Steak | 285 g | 570 g |
| Mushrooms | 113 g | 227 g |
| Green Beans | 340 g | 680 g |
| Garlic, cloves | 2 | 4 |
| Worcestershire Sauce | 1 tbsp | 2 tbsp |
| Beef Broth Concentrate | 1 | 2 |
| Sour Cream | 3 tbsp | 6 tbsp |
| All-Purpose Flour | 1 tbsp | 2 tbsp |
| Shallot | 50 g | 100 g |
| Unsalted Butter* | 3 tbsp | 6 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Trim, then halve **green beans**. Peel, then mince or grate **garlic**. Peel, then cut **shallot** into ¼-inch pieces. Halve **mushrooms**.



Cook steaks

While **mushrooms** roast, heat the same pan over medium-high. While the pan heats, pat **steaks** dry with paper towels. Season with **salt** and **pepper**. When the pan is hot, add ½ **tbsp oil** (dbl for 4 ppl), then **steaks**. Sear until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **steaks** to the other side of the baking sheet with **mushrooms**. Bake in the **top** of the oven until cooked to desired doneness, 5-8 min.**



Cook green beans

Add **8 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Add **green beans** to the **boiling water**. Cook, stirring occasionally, until tender-crisp, 2-4 min. Drain and return **green beans** to the same pot. Reduce heat to medium. Add **1 tbsp butter** (dbl for 4 ppl) and **remaining garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**, to taste.



Make Worcestershire cream

Heat the same pan over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Add **shallots**. Cook, stirring occasionally, until softened slightly, 2-3 min. Sprinkle **flour** over **shallots**, then cook, stirring constantly, until coated, 30 sec. Slowly whisk in ⅔ **cup water** (dbl for 4 ppl), **broth concentrate** and **Worcestershire sauce** until smooth. Bring to a simmer over medium-high. Cook, whisking often, until **sauce** thickens slightly, 2-3 min. Remove the pan from heat, then whisk in **sour cream** until combined. Season with **salt** and **pepper**, to taste.



Roast mushrooms

While **water** comes to a boil, heat a large non-stick pan over medium-high heat. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. When **butter** is melted, remove the pan from heat. Add **mushrooms** and **half the garlic**. Season with **salt** and **pepper**, then toss to coat. Transfer **mushrooms** to one side of a parchment-lined baking sheet. Roast in the **top** of the oven until golden and tender, 14-16 min. Carefully wipe the pan clean.



Finish and serve

Thinly slice **steaks**. Divide **steaks**, **mushrooms** and **green beans** between plates. Spoon **Worcestershire cream** over **steaks**.

Dinner Solved!