



# Pan-Seared Striploin and Savoury Mushroom Gravy

with Asparagus and Wild Rice

Special Plus

35 Minutes



Striploin Steak



Mushrooms



Miso Broth Concentrate



Wild Rice Medley



Parsley and Thyme



Chicken Stock Powder



Asparagus



Cream Sauce Spice Blend



Beef Broth Concentrate



Garlic, cloves



Scan the QR code to tell us about your delivery experience.

HELLO ASPARAGUS

*This spring-time favourite can be steamed, pan-fried, grilled or even eaten raw!*

## Start here

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

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

2 Baking sheets, measuring spoons, aluminum foil, medium pot, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Mushrooms	113 g	227 g
Miso Broth Concentrate	1	2
Wild Rice Medley	1 cup	2 cups
Parsley and Thyme	14 g	21 g
Chicken Stock Powder	1 tbsp	2 tbsp
Asparagus	227 g	454 g
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Beef Broth Concentrate	1	2
Garlic, cloves	2	4
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 63°C/145°F (for medium-rare), as size may vary.

## 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.*

## Contact

Call us | (855) 272-7002  
HelloFresh.ca

[f](#) [@](#) [t](#) [+](#) @HelloFreshCA



## Cook rice

- Strip **some thyme leaves** from stems, then chop **½ tbsp** (1 tbsp).
- Stir together **wild rice medley, chicken stock powder, chopped thyme, 2 cups** (4 cups) **water, 1 tbsp** (2 tbsp) **butter** and **¼ tsp** (½ tsp) **salt** in a medium pot (use a large pot for 4 ppl). Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.



## Cook mushrooms

- Meanwhile, heat the same pan over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **mushrooms** and **remaining thyme sprig**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **remaining garlic** and **Cream Sauce Spice Blend**. Cook, stirring often, until **veggies** are coated and **garlic** is fragrant, 1 min.



## Prep

- Meanwhile, thinly slice **mushrooms**.
- Trim and discard bottom 1-inch from **asparagus**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Whisk together **miso broth concentrate** and **1 cup** (2 cups) **water**. Set aside.
- Add **asparagus, half the garlic** and **½ tbsp** (1 tbsp) **oil** to a baking sheet. Season with **salt** and **pepper**, then toss to combine. Set aside.
- Pat **steak** dry with paper towels, then season with **salt** and **pepper**.



## Make sauce

- Slowly add **miso broth mixture** to the pan. Cook, stirring constantly, until **sauce** thickens slightly, 2-4 min.
- Season with **salt** and **pepper**, to taste.
- Carefully remove thyme sprig.



## Cook asparagus and steak

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **steak**. Sear until golden-brown, 2-3 min per side.
- Remove the pan from heat, then transfer **steak** to another baking sheet.
- Roast **asparagus** in the **top** of the oven until tender-crisp, 5-8 min.
- Roast **steak** in the **middle** of the oven, until cooked to desired doneness, 5-8 min.\*\*
- When **steak** is done, transfer to a cutting board. Cover loosely with foil, then set aside to rest for 5 min.



## Finish and serve

- Fluff **rice** with a fork, then stir in **parsley**.
- Thinly slice **steak**.
- Divide **rice, steak** and **asparagus** between plates.
- Top **steak** with **mushroom sauce**.

## Dinner Solved!