



Pan-Seared Striploin and Savoury Mushroom Gravy

with Brussels Sprouts and Wild Rice

Striploin Special 35 Minutes



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Striploin Steak



Double Striploin Steak



Mushrooms



Miso Broth Concentrate



Wild Rice Medley



Parsley and Thyme



Chicken Stock Powder



Brussels Sprouts



Cream Sauce Spice Blend



Beef Broth Concentrate



Garlic, cloves

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BRUSSELS SPROUTS

Brussels sprouts are in the same family as cabbage: brassica!

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, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 g
Double Striploin Steak	740 g	1480 g
Mushrooms	113 g	227 g
Miso Broth Concentrate	1	2
Wild Rice Medley	1 cup	2 cup
Parsley and Thyme	14 g	21 g
Chicken Stock Powder	1 tbsp	2 tbsp
Brussels Sprouts	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 steak 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.



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1



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 from heat. Set aside, still covered.

4



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.

2



Prep and roast Brussel sprouts

- Meanwhile, thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Whisk together **miso broth concentrate, beef broth concentrate** and **1 cup** (2 cup) **water**. Set aside.
- Halve **Brussels sprouts** (if larger, quarter them).
- Add **Brussels sprouts, half the garlic** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **bottom** of the oven, flipping once halfway through, until tender, 16-20 min.

5



Make sauce

- Slowly add **miso-beef 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.

3



Cook steak

- Pat **steak** dry with paper towels, then season with **salt** and **pepper**.
- 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 from heat, then transfer **steak** to another baking sheet.
- Roast 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, 5 min.

If you've opted for **double steak**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **steak**. Work in batches, if necessary.

6



Finish and serve

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

Dinner Solved!