



Steak and Asparagus Platter

with Roasted Sweet Potatoes and Garlic Bread

Shareables

40 Minutes

Customized Protein

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Swap



Striploin Steak
370 g | 740 g

Swap



Beef Tenderloin
340 g | 680 g



Top Sirloin Steak
285 g | 570 g



Sandwich Bun
2 | 4



Sweet Potato
2 | 4



Asparagus
227 g | 454 g



Tomato
1 | 2



Baby Heirloom Tomatoes
227 g | 454 g



Chives
14 g | 28 g



Tarragon
7 g | 14 g



Mayonnaise
4 tbsp | 8 tbsp



Sour Cream
2 | 4



Montreal Spice Blend
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



Garlic Spread
4 tbsp | 8 tbsp

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.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, vegetable peeler, whisk

1



Prep and roast sweet potatoes

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.
- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Add **sweet potatoes** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 17-20 min.

4



Make marinated tomatoes and creamy herb sauce

- Meanwhile, add **2 tsp** (4 tsp) **vinegar**, **¼ tsp** (½ tsp) **sugar** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add all **tomatoes**, then gently toss to coat.
- Add **sour cream**, **mayo**, **remaining vinegar**, **half the chives**, **half the tarragon** and **¼ tsp** (½ tsp) **sugar** to another medium bowl. Season with **salt** and **pepper**, then stir to combine.

2



Prep and season asparagus

- Meanwhile, trim and discard bottom 1 inch from **asparagus**.
- Thinly slice **chives**.
- Strip **tarragon leaves** from stems, then finely chop leaves.
- Core, then cut **beefsteak tomato** into ½-inch wedges.
- Halve **baby tomatoes**.
- Add **asparagus**, **½ tbsp** (1 tbsp) **oil** and **half the Montreal Spice Blend** to one side of an unlined baking sheet. Season with **salt**, then toss to coat. Arrange in a single layer.

5



Make garlic bread

- Reheat the same pan (from step 3) over medium.
- Meanwhile, halve **buns**. Spread **half the garlic spread** onto cut sides.
- Add **buns** to pan, cut-sides down. Toast until **garlic spread** melts and **buns** are toasted, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)
- Flip **buns** and toast on other side, 1-2 min. Transfer to a plate.

3



Cook steak and asparagus

Swap | [Striploin Steak](#)

Swap | [Beef Tenderloin](#)

- Pat **steaks** dry with paper towels. Season with **salt** and **remaining Montreal Spice Blend**.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Sear until brown, 1-2 min per side.
- Remove from heat, then transfer to other side of baking sheet with **asparagus**. Carefully wipe pan clean.
- Roast in the **middle** of the oven until **asparagus** is tender-crisp and **steak** is cooked to desired doneness, 7-12 min.**

6



Finish and serve

- Dollop **remaining garlic spread** over **sweet potatoes**. Toss to coat.
- Thinly slice **steak**.
- Divide **steak**, **asparagus** and **sweet potatoes** between plates.
- Sprinkle **remaining chives** and as much **remaining tarragon** over top, as desired.
- Using a slotted spoon, transfer **marinated tomatoes** to plates. Drizzle **some creamy herb sauce** over **tomatoes**.
- Serve **garlic bread** and **remaining herb sauce** alongside. (**TIP:** Leftover sauce will last in the fridge for up to 3 days.)

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook steak and asparagus

Swap | [Striploin Steak](#)

If you've opted for **striploin steak**, cook it in the same way the recipe instructs you to cook the **sirloin steak**.

3 | Cook tenderloin and asparagus

Swap | [Beef Tenderloin](#)

If you've opted for **beef tenderloin**, cook it in the same way the recipe instructs you to cook the **sirloin steak****.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.