



Steak and Tarragon Cream Sauce

with Sweet Potato Mash and Roasted Veggie Duo

Special

35 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

↻ Swap	↻ Swap
Striploin Steak 370 g 740 g	Tenderloin Steak 340 g 680 g



Top Sirloin Steak 285 g 570 g	Brussels Sprouts 227 g 454 g
Sweet Potato 2 4	Mushrooms 113 g 227 g
Shallot 1 2	Tarragon 7 g 14 g
Cream 56 ml 113 ml	Beef Broth Concentrate 2 4
Garlic Spread 2 tbsp 4 tbsp	All-Purpose Flour 1 tbsp 2 tbsp
Whole Grain Mustard 1 tbsp 2 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 | Pepper, oil, unsalted butter, salt

Cooking utensils | Aluminum foil, 2 baking sheets, colander, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, parchment paper, potato masher, vegetable peeler

1



Roast veggies

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

- Halve **Brussels sprouts** (if larger, quarter them).
- Quarter **mushrooms**.
- Add **Brussels sprouts, mushrooms** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**.
- Roast in the **top** of the oven until tender, 16-20 min.
- Add **half the garlic spread** to the baking sheet with **veggies** and toss to coat.

2



Cook sweet potatoes

- Meanwhile, peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, 1 tsp salt** and **enough water to cover** (by approx. 1-2 inches) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer, uncovered, until **sweet potatoes** are fork-tender, 10-12 min. Drain and return to the same pot, off heat.
- Mash **remaining garlic spread** into **sweet potatoes** until smooth, then season with **salt** and **pepper**.

3



Prep

- Meanwhile, peel, then finely chop **shallot**.
- Finely chop **tarragon leaves**.
- Pat **steak** dry with paper towels. Season with **salt** and **pepper**.

4



Sear and roast steak

[Swap](#) | [Striploin Steak](#)

[Swap](#) | [Tenderloin Steak](#)

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Sear until golden-brown, 1-2 min per side. Remove from heat and transfer **steak** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked to desired doneness, 4-7 min.**
- Carefully wipe the pan clean.
- When done, transfer **steak** to a cutting board. Loosely cover with foil and set aside to rest for 5 min.

5



Make sauce

- Meanwhile, reheat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp** **butter**, then **shallots**. Cook, stirring often, until softened, 2-3 min.
- Sprinkle **flour** over top. Cook, stirring often, until **flour** coats **shallots**, 30 sec.
- Add **cream, broth concentrate, mustard, half the tarragon, ¼ tsp** (¼ **tsp**) **salt**, ¼ **tsp** (¼ **tsp**) **pepper** and ½ **cup** (1 **cup**) **water**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.

6



Finish and serve

- Stir as much **remaining tarragon** as desired into the **sweet potato mash**.
- Thinly slice **steak**.
- Stir any **resting juices from steak** into the **sauce**.
- Divide **steak, mashed sweet potatoes** and **veggies** between plates.
- Spoon **sauce** over **steak**.

Measurements
within steps

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

4 | Sear and roast steak

[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**.

4 | Sear and roast steak

[Swap](#) | [Tenderloin Steak](#)

If you've opted for **tenderloin steaks**, cook them in the same way the recipe instructs you to cook the **sirloin steaks**.

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