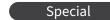


HELLO Steak and Tarragon Cream Sauce with Sweet Potato Mash and Roasted Veggie Duo

with Sweet Potato Mash and Roasted Veggie Duo



35 Minutes





Steak 370 g | 740 g

Tenderloin





Top Sirloin Steak 285 g | 570 g



Brussels Sprouts 227 g | 454 g



Sweet Potato



Mushrooms 113 g | 227 g





1 2





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







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



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. 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



Roast veggies

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Halve **Brussels sprouts** (if larger, quarter them).
- Ouarter 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.



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**.



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



Make sauce

 Meanwhile, reheat the same pan over medium-high.

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- When hot, add ½ tbsp (1 tbsp butter, then **shallots**. Cook, stirring often, until softened,
- Sprinkle flour over top. Cook, stirring often, until flour coats shallots, 30 sec.
- Add cream, broth concentrate, mustard, half the tarragon, 1/8 tsp (1/4 tsp) salt, 1/8 tsp ($\frac{1}{4}$ tsp) pepper and $\frac{1}{2}$ cup (1 cup) water. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.



- 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 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.



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.