



Tenderloin Steak in Creamy Shallot Sauce

with Herby Potatoes

40 Minutes



Tenderloin Steak
340 g | 680 g



Russet Potato
2 | 4



Shallot
1 | 2



Sugar Snap Peas
113 g | 227 g



Parsley and Thyme
14 g | 21 g



Cream
56 ml | 113 ml



White Cooking Wine
4 tbsp | 8 tbsp



All-Purpose Flour
1 tbsp | 2 tbsp



Garlic Salt
1 tsp | 2 tsp



Dijon Mustard
1/2 tbsp | 1 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Salt, oil, pepper, unsalted butter

Cooking utensils | Aluminum foil, baking sheet, colander, large non-stick pan, medium pot, measuring cups, measuring spoons, paper towels, parchment paper

Measurements
within steps

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

1



Roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **half the thyme sprigs** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

2



Prep

- Meanwhile, trim **sugar snap peas**.
- Peel, then finely chop **shallot**.
- Roughly chop **parsley**.
- Strip **remaining thyme leaves** from stems, then finely chop.

3



Cook steak

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **steak** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **steak**. Sear until golden-brown, 1-2 min per side
- Remove from heat, then transfer **steak** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked to desired doneness, 4-6 min.**
- Transfer to a cutting board. Loosely cover with foil and set aside to rest for 5 min.

4



Make creamy shallot sauce

- While **steak** rests, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **shallots** and **cooking wine**. Cook, stirring often, until **shallots** are tender and wine is absorbed, 3-4 min.
- Sprinkle **flour** and **chopped thyme** over **shallots**. Stir to coat, 30 sec.
- Add **cream**, **Dijon** and ½ **cup** (¾ cup) **water**. Bring to a simmer. Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Remove from heat, then cover to keep warm.

5



Cook sugar snap peas

- Meanwhile, add **4 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **sugar snap peas** to the boiling water. Cook, stirring occasionally, until tender-crisp, 1-3 min.
- Drain **sugar snap peas** and return to the same pot, off heat. Season with **salt** and **pepper**.
- Add **half the parsley** and ½ **tbsp** (1 tbsp) **butter**. Toss to coat.
- Cover to keep warm.

6



Finish and serve

- Stir any **steak resting juices** into **sauce**. Season with **salt** and **pepper**.
- Sprinkle **remaining parsley** over **potatoes**, then toss to coat.
- Divide **steak**, **potatoes** and **sugar snap peas** between plates.
- Spoon **creamy shallot sauce** over **steak**.

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