





Steak Frites with Béarnaise Sauce and Herby Veggies

Farmer's Market 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)



 Striploin Steak 370 g 740 g	 Tenderloin Steak 340 g 680 g
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 Top Sirloin Steak 285 g 570 g	 Russet Potato 3 6
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 Green Beans 170 g 340 g	 Sugar Snap Peas 113 g 227 g
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 Mayonnaise 4 tbsp 8 tbsp	 Tarragon 7 g 14 g
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 White Wine Vinegar 1/3 tbsp 2/3 tbsp	 Garlic Salt 1 tsp 2 tsp
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 Shallot 1 2	 Chives 7 g 14 g
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 Baby Heirloom Tomatoes 113 g 227 g
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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 | Unsalted butter, oil, salt, pepper

Cooking utensils | Aluminum foil, 2x baking sheet, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, small pot, whisk

1



Prep and roast potato fries

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

- Halve **potatoes** lengthwise, then cut into ¼-inch fries.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Cook veggies

- While **steaks** roast, reheat the same pan over medium-high.
- When hot, add **1 tbsp (2 tbsp) butter, green beans, shallots** and **¼ cup (½ cup) water**. Cook, stirring often, until **water** is absorbed.
- Add **sugar snap peas** and **tomatoes**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender, 3-5 min.
- Remove from heat, then sprinkle **half the chives** and **1 tsp (2 tsp) tarragon** over top. Cover to keep warm.

2



Prep

- Trim, then halve **green beans**.
- Trim **sugar snap peas**.
- Peel, then finely chop **shallot**.
- Thinly slice **chives**.
- Strip **tarragon leaves** from stems, then finely chop **leaves**.
- Halve **tomatoes**.

5



Make béarnaise sauce

- Melt **2 tbsp (4 tbsp) butter** in a small pot over medium-high heat, then remove the pot from heat.
- While **butter** melts, whisk together **remaining mayo** and **1 tsp (2 tsp) vinegar** in a small bowl.
- Gradually whisk in **melted butter** until smooth.
- Add **remaining tarragon**. Season with **salt**, then whisk to combine.

3



Cook steaks

Swap | Striploin Steak

Swap | Tenderloin Steak

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **steaks** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When hot, add **½ tbsp (1 tbsp) oil**, then **steaks**. Sear until golden-brown, 1-2 min per side.
- Remove from heat, then transfer to an unlined baking sheet.
- Roast in the **top** of the oven until cooked to desired doneness, 6-8 min. ******
- Transfer **steaks** to a clean cutting board. Cover loosely with foil. Set aside to rest, 3-5 min.

6



Finish and serve

- When **potatoes** are done, cut **1 tbsp (2 tbsp) butter** into small pieces. Immediately add **butter** and **remaining chives**. Toss until **butter** melts and coats **potatoes**. (**TIP:** These are your fries!)
- Thinly slice **steaks**.
- Divide **steaks, fries** and **veggies** between plates.
- Drizzle any **steak resting juices** over **steak**, then spoon **béarnaise sauce** over **steak**.

Measurements
within steps

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

3 | Cook steaks

Swap | Striploin Steak

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

3 | Cook steaks

Swap | Tenderloin Steak

If you've opted for **tenderloin steak**, cook 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.