

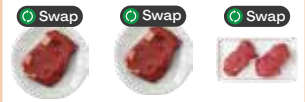


Steak and Tarragon Cream Sauce

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)

Striploin Steak 370 g 740 g	Double Striploin Steak 740 g 1480 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

1



Roast veggies

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

- Halve **Brussels sprouts** (if large, 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.

4



Sear and roast steaks

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Sear until golden, 1-2 min per side.
- Remove from heat and transfer **steaks** 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 **steaks** to a cutting board. Loosely cover with foil and set aside to rest for 5 min.

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**.

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, ⅛ tsp** (¼ tsp) **salt**, ⅛ **tsp** (¼ tsp) **pepper** and ½ **cup** (1 cup) **water**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.

3



Prep

🔄 Swap | **Striploin Steak**

🔄 Swap | **Double Striploin Steak**

🔄 Swap | **Tenderloin Steak**

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

6



Finish and serve

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

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Prep

🔄 Swap | **Striploin Steak**

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

3 | Prep

🔄 Swap | **Double Striploin Steak**

If you've opted for **double striploin steak**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of sirloin steak**. Work in batches, if necessary.

3 | Prep

🔄 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.