



Classic Surf and Steak Dinner

with Tarragon Cream Sauce

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)



Beef Steak
285 g | 570 g



Shrimp
285 g | 570 g



Tarragon
7 g | 14 g



Cream
237 ml | 474 ml



Cracked Black Pepper
1 tsp | 2 tsp



Yellow Potato
350 g | 700 g



Dijon Mustard
1 tbsp | 2 tbsp



Broccoli
227 g | 454 g



Beef Broth Concentrate
1 | 2

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.

1



Cook potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) 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 fork-tender, 10-12 min.

2



Roast broccoli and finish prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Add **broccoli** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt**, then toss to coat.
- Roast in the **top** of the oven until golden-brown, 12-14 min.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Pat **steaks** dry with paper towels, then season with **salt** and **as much cracked black pepper** as desired.

3



Cook steaks

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Pan-fry until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **steaks** to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked to desired doneness, 5-8 min.**

4



Cook shrimp

- Meanwhile, reheat the same pan over medium-high.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **shrimp** and **half the parsley**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Season with **salt**.
- Transfer **shrimp** to a plate, then cover to keep warm.

5



Make tarragon cream sauce

- Strip **tarragon leaves** from stems, then finely chop.
- Reduce heat to medium, then add **1 tbsp** (2 tbsp) **butter** to the same pan and swirl until melted.
- Add **broth concentrate, Dijon, half the tarragon, ¼ cup** (½ cup) **cream** and **¼ cup** (½ cup) **water**.
- Stir, scraping up **any browned bits** on the bottom of the pan, until **tarragon cream sauce** thickens slightly, 1-2 min.

6



Finish and serve

- When **potatoes** are done, drain and return to the same pot, off heat.
- Mash **¼ cup** (½ cup) **cream** into **potatoes** until smooth. Season with **salt**.
- Slice **steaks**.
- Stir **any steak juices** from the baking sheet into **tarragon cream sauce**.
- Divide **steaks, shrimp, mashed potatoes** and **broccoli** between plates.
- Spoon **sauce** over **steaks**.
- Sprinkle **remaining tarragon** over top.

** Cook shrimp and steak to minimum internal temperatures of 74°C/165°F and 63°C/145°F (for medium-rare), respectively. Steak size will affect doneness.



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