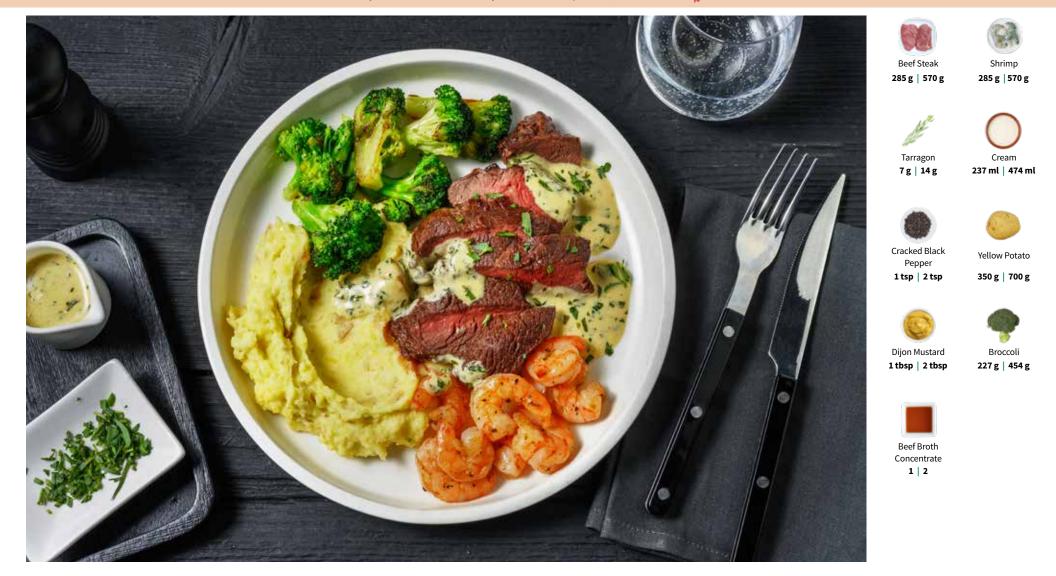


with Tarragon Cream Sauce

Special 35 Minutes

ℵ Customized Protein + Add O Swap 2 Double or

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.



Pantry items | Unsalted butter, oil, salt

Cooking utensils | 2 Baking sheets, colander, measuring spoons, potato masher, strainer, parchment paper, measuring cups, large pot, paper towels, large non-stick pan



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.



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.



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 goldenbrown, 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.



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.



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.**



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.

