



SOY GINGER BEEF TENDERLOIN

with Horseradish Mashed Potatoes, Sesame Green Beans & Scallions

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



6 oz | 12 oz
Green Beans



4 | 8
Scallions



1 Thumb | 2 Thumbs
Ginger



1 | 2
Lemon



3 Cloves | 6 Cloves
Garlic



10 oz | 20 oz
Beef Tenderloin
Steak



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



2 tsp | 4 tsp
Spicy Horseradish
Paste
Contains: Soy



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

HORSERADISH PASTE

A zingy, mustardy mixture that delivers a punch to mashed potatoes



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 880



HELLO FRESH

SMOOTH MOVE

Our trick for the smoothest-ever mashed potatoes? Save some starchy potato cooking liquid and add a few splashes when mashing.

BUST OUT

- Zester
 - Large pan
 - Medium pot
 - Baking sheet
 - Strainer
 - Potato masher
 - Paper towels
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (2 TBSP | 4 TBSP)
Contains: Milk



1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Peel **garlic**. Trim **green beans** if necessary. Trim and cut **scallions** into ½-inch pieces. Zest and quarter **lemon**. Peel and mince or grate **ginger**.



2 COOK POTATOES

- Place **potatoes** and **whole garlic cloves** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain. Return potatoes and garlic to pot; keep covered off heat until ready to use in Step 5.



3 SEASON & COOK BEEF

- Pat **beef*** dry with paper towels and season generously all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add beef; sear on all sides until browned, 3-5 minutes.
- Turn off heat; transfer beef to a baking sheet. Wipe out pan. Roast on middle rack to desired doneness, 10-12 minutes. Transfer beef to a cutting board to rest.



4 COOK VEGGIES

- While beef roasts, heat a **drizzle of oil** in pan used for beef over high heat. Add **green beans** and **scallions**; cook, stirring occasionally, until charred and tender, 6-8 minutes.
- Turn off heat. Stir in **lemon zest** and **sesame seeds**; season generously with **salt** and **pepper**. Transfer to a plate; wipe out pan.



5 FINISH POTATOES

- While veggies cook, return pot with **potatoes and garlic** to stovetop over medium heat. Add **cream sauce base**, **horseradish paste**, and **cream cheese**. Mash until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed. Cook until warmed through, 2-3 minutes.
- Turn off heat and stir in **1 TBSP butter** (**2 TBSP for 4 servings**) until melted; taste and season with **salt** and **pepper**.



6 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for green beans over medium-high heat. Add **ginger** and cook, stirring occasionally, until fragrant, 1-2 minutes.
- Stir in **sweet soy glaze**, **juice from half a lemon** (**whole lemon for 4 servings**), and **¼ cup water** (**½ cup for 4**). Cook, stirring occasionally, until thickened and thoroughly combined, 1-3 minutes.
- Turn off heat and stir in **1 TBSP butter** (**2 TBSP for 4**).



7 FINISH & SERVE

- Slice **beef** against the grain.
- Divide beef, **green beans and scallions**, and **mashed potatoes** between plates. Drizzle beef with as much **sauce** as you like. Serve with **remaining lemon wedges** on the side.

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*Beef is fully cooked when internal temperature reaches 145°.