



BEEF TENDERLOIN WITH AU POIVRE SAUCE

plus Maple Sage Sweet Potatoes & Lemony Asparagus

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



6 oz | 12 oz

Asparagus



1 TBSP | 1 TBSP

Black Peppercorns



¼ oz | ¼ oz

Sage



1 | 1

Lemon



10 oz | 20 oz

Beef Tenderloin Steak



1 | 2

Beef Stock Concentrate



4 TBSP | 8 TBSP

Crème Fraîche
Contains: Milk



2 TBSP | 2 TBSP

Maple Syrup



1 tsp | 2 tsp

Garlic Powder



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HELLO

AU POIVRE

This elegant French sauce features freshly crushed black peppercorns for distinctive depth of flavor.



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 750



HELLO FRESH

BUST OUT

- Peeler
- Medium pot
- Strainer
- Small bowl
- Zip-close bag
- Baking sheet
- Paper towels
- Large pan
- Potato masher

- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (3 TBSP | 6 TBSP)
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 COOK SWEET POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel **sweet potatoes**; dice into ½-inch pieces.
- Place **sweet potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender when pierced with a fork, 15-20 minutes. **TIP: Cover pot with a lid to bring to a boil more quickly.**
- Drain **sweet potatoes** and return to pot. Cover to keep warm.



2 PREP

- While **sweet potatoes** cook, place **2 TBSP butter** (4 TBSP for 4 servings) in a small bowl; bring to room temperature.
- Place **peppercorns** in a zip-close bag and crush with a rolling pin or heavy-bottomed pan.
- Trim and discard bottom 1 inch from **asparagus**. Pick **sage leaves** from stems; finely chop leaves until you have **1 TBSP** (2 TBSP for 4). Quarter **lemon**.



3 ROAST ASPARAGUS

- Toss **asparagus** on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on top rack until browned and tender, 10-12 minutes.



4 COOK BEEF

- Meanwhile, pat **beef*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side.
- Turn off heat; transfer beef to a cutting board to rest for at least 5 minutes. Wipe out any burned bits from pan.



5 MAKE SAUCE

- While **beef** rests, heat a **drizzle of oil** in same pan over medium-low heat. Add **½ tsp crushed peppercorns** (1 tsp for 4 servings). (Be sure to measure **peppercorns—we sent more.**) Cook, stirring, until fragrant, 30 seconds.
- Stir in **¼ cup water** (½ cup for 4) and **stock concentrate**. Simmer until thick enough to coat the back of a spoon, 1-3 minutes.
- Remove pan from heat; stir in **half the crème fraîche** and **1 TBSP butter** (2 TBSP for 4) until melted and combined. Cover to keep warm. **TIP: If sauce is too thick, add a small splash of water.**



6 FINISH SWEET POTATOES

- To bowl with **softened butter**, add **half the maple syrup** (all for 4 servings), **half the garlic powder**, **1 tsp chopped sage** (2 tsp for 4), **salt**, and **pepper**. Using a fork, stir to combine. **TIP: If needed, microwave butter for 10-15 seconds to soften.**
- To pot with **sweet potatoes**, add **half the maple sage butter** (save the rest for serving), **remaining crème fraîche**, **remaining chopped sage**, and **remaining garlic powder**. Mash with a potato masher or fork until smooth and creamy. Season with **salt** and **pepper**.



7 SERVE

- If **asparagus** has cooled, reheat in oven for 2-3 minutes.
- Slice **beef** against the grain.
- Divide **beef**, **sweet potatoes**, and **asparagus** between plates. Spoon **sauce** over beef. Top **sweet potatoes** with **remaining maple sage butter**. Top **asparagus** with a **squeeze of lemon juice**; serve with **remaining lemon wedges** on the side.

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