



BEEF TENDERLOIN & CREAMY TRUFFLE POLENTA

with Crunchy Roasted Broccoli, Shallot Sauce & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli



1 | 1
Shallot



1 tsp | 2 tsp
Garlic Powder



1 tsp | 2 tsp
Dried Thyme



1 | 2
Precooked Polenta



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



1 | 2
Chicken Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



2 g | 4 g
Truffle Seasoning



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Beef Tenderloin
Steak



1 | 2
Beef Demi-Glaze
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP
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HELLO

BEEF DEMI-GLACE

This concentrated stock is the secret for a rich, flavorful pan sauce worthy of a luxurious meal.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 840



BUST OUT

- Baking sheet
- Small pot
- Potato masher
- Whisk
- Large pan
- Paper towels
- Small bowl
- Aluminum foil

- 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 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Have, peel, and mince **half the shallot** (whole shallot for 4 servings).



2 ROAST BROCCOLI

- Toss **broccoli** on a baking sheet with a **drizzle of oil, half the garlic powder, half the thyme, salt, and pepper.**
- Roast on top rack until browned and tender, 15-20 minutes.



3 COOK POLENTA

- Meanwhile, in a small pot, combine **polenta** and **½ cup water** (**⅔ cup for 4 servings**) over medium heat. Cook, mashing with a potato masher, until mostly smooth, 30-60 seconds.
- Add **sour cream, cream cheese, stock concentrate, half the Parmesan, 1 TBSP butter** (**2 TBSP for 4**), and as much **truffle seasoning** as you like.
- Whisk until cheese melts and polenta is simmering and thickened, 2-3 minutes more. Season with **salt** and **pepper** to taste. Keep covered off heat until ready to serve.



4 TOAST BREADCRUMBS

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a large, preferably nonstick, pan over medium-high heat. Add **panko, salt, and pepper**; cook, stirring, until golden brown, 3-5 minutes. Turn off heat; transfer to a small bowl. Wipe out pan.



5 COOK BEEF

- Meanwhile, pat **beef*** dry with paper towels and season generously all over with **remaining garlic powder, remaining thyme, salt, and pepper.**
- Heat a **drizzle of oil** in pan used for panko 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 and tent with foil to keep warm. Wipe out pan.



6 COOK SHALLOT SAUCE

- Heat a **drizzle of oil** in pan used for beef over medium-high heat. Add **minced shallot** and cook, stirring occasionally, until browned and tender, 30-60 seconds.
- Stir in **¼ cup water** (**⅓ cup for 4 servings**), **demi-glace**, and any **resting juices from beef**. Simmer, stirring occasionally, until thickened, 2-3 minutes. Turn off heat. Stir in **1 TBSP butter** (**2 TBSP for 4**); taste and season with **salt** and **pepper** if desired.



7 FINISH & SERVE

- Once **broccoli** is done, carefully toss on sheet with **toasted panko** until evenly coated.
- Before serving, stir **polenta** (**rewarm over medium heat if necessary**). **TIP: If polenta seems too thick, stir in a splash of water.**
- Divide broccoli, polenta, and **beef** between plates. Spoon **shallot sauce** over beef. Sprinkle **remaining Parmesan** over broccoli and serve.

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