



Classic Surf and Steak Dinner with Tarragon Cream Sauce

SPECIAL 35 Minutes



Beef Steak



Shrimp



Tarragon



Heavy Cream



Black Peppercorns,
crushed



Yellow Potato



Dijon Mustard



Broccoli, florets



Beef Broth
Concentrate



Parsley

HELLO TARRAGON

This herb used in French cuisine has a subtle licorice flavour

Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

Bust Out

Large Non-Stick Pan, Large Pot, Aluminum Foil, Measuring Cups, Potato Masher, Strainer, Paper Towels, Measuring Spoons, Parchment Paper, 2 Baking Sheets

Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Shrimp	285 g	570 g
Tarragon	7 g	14 g
Heavy Cream	237 ml	474 ml
Black Peppercorns, crushed	1 ½ tsp	3 tsp
Yellow Potato	300 g	600 g
Dijon Mustard	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
Beef Broth Concentrate	1	2
Parsley	7 g	14 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

*** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. ROAST BROCCOLI

Cut **broccoli** into bite-sized pieces. Toss **broccoli** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt**. Roast in **top** of oven, until golden-brown, 12-14 min. Meanwhile, cut **potatoes** into ½-inch pieces. Roughly chop **parsley** and **tarragon leaves**.



4. COOK SHRIMP

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shrimp** and **half the parsley**. Cook, stirring occasionally, until **shrimp** just turns pink, 3-4 min.*** Season with **salt**. Transfer **shrimp** to a plate. Cover with foil to keep warm and set aside. (**TIP:** Cook in 2 batches for 4 ppl.)



2. COOK POTATOES

Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** 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. Meanwhile, drain and rinse **shrimp**, then pat dry with paper towels. Pat **steak** dry with paper towels, then sprinkle over **peppercorns** and season with **salt**.



5. MAKE TARRAGON SAUCE

Add **1 tbsp butter** (dbl for 4 ppl) and swirl the pan to melt. Add **broth concentrate**, **mustard**, **half the tarragon**, **¼ cup cream** and **¼ cup water** (dbl both for 4 ppl). Stir together, scraping up any browned bits on bottom of pan, until thickened slightly, 1-2 min.



3. COOK STEAK

Heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **steak**. Pan-fry, until golden, 2-3 min per side. Remove pan from heat, then transfer **steak** to another baking sheet. Roast in **middle** of oven, until cooked to desired doneness, 5-9 min.**



6. FINISH AND SERVE

When **potatoes** are done, drain. Return to the pot, off heat and mash in **¼ cup cream** (dbl for 4 ppl) until smooth. Stir in **remaining parsley** and season with **salt**. Slice **steak**. Stir any **steak juices** from the baking sheet into the **sauce**. Divide **steak**, **shrimp**, **mash** and **broccoli** between plates. Spoon **sauce** over **steak**. Sprinkle over **remaining tarragon**.

Dinner Solved!