



PEPPERCORN-CRUSTED BEEF TENDERLOIN

with Chive Butter, Asparagus Amandine, and Mashed Sweet Potatoes



HELLO
TRICOLORED PEPPERCORNS
This blend provides a peppery punch and a pop of color.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 680



Sweet Potatoes



Asparagus



Beef Tenderloin



Sliced Almonds
(Contains: Tree Nuts)



Chives



Tricolored Peppercorns
(Contains: Tree Nuts)



Beef Stock Concentrate



Sour Cream
(Contains: Milk)

START STRONG

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.

BUST OUT

- Peeler
- Large pan
- Medium pot
- Potato masher
- Strainer
- 2 Small bowls
- Zip-close bag
- Paper towels
- Vegetable oil (2 tsp | 4 tsp)
- Butter (3 TBSP | 6 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Sweet Potatoes **2 | 4**
- Chives **¼ oz | ½ oz**
- Asparagus **6 oz | 12 oz**
- Tricolored Peppercorns **1 TBSP | 2 TBSP**
- Beef Tenderloin* **10 oz | 20 oz**
- Beef Stock Concentrate **1 | 2**
- Sliced Almonds **1 oz | 2 oz**
- Sour Cream **2 TBSP | 4 TBSP**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 COOK SWEET POTATOES
Bring **3 TBSP butter** to room temperature. **Wash and dry all produce.** Peel and dice **sweet potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water** to cover by 2 inches. Boil until easily pierced by a fork, 10-15 minutes. Drain and return to pot.



4 COOK ASPARAGUS AND TOAST ALMONDS
Heat a drizzle of **oil** in same pan over medium-high heat. Add **asparagus**; season with **salt** and **pepper**. Cook, stirring, until lightly browned and tender, 3-5 minutes. Transfer to a plate. Add **almonds** to same pan and cook, stirring, until lightly toasted, 30 seconds to 1 minute. Season with salt and pepper. Transfer to a small bowl.



2 PREP
Meanwhile, thinly slice **chives**. Trim and discard woody bottom ends from **asparagus**. Put **peppercorns** in a zip-close bag and crush with a heavy pan or rolling pin; pour onto a plate in an even layer. Pat **beef** dry with paper towels; season all over with **salt**. Press both sides of beef into peppercorns to evenly coat. (**TIP:** For a milder flavor, sprinkle beef with peppercorns instead.)



5 MASH SWEET POTATOES
Mash **sweet potatoes** in pot with a potato masher until smooth. (**TIP:** If potatoes have cooled, mash over medium-low heat.) Stir in **sour cream** and **1 TBSP room-temperature butter** until combined. Season generously with **salt** and **pepper**.



3 COOK BEEF
Heat a drizzle of **oil** in a large pan over medium-high heat. Add **beef** and cook almost to desired doneness, 4-7 minutes per side. Just before finishing, add **stock concentrate** and **2 TBSP water** to pan. Simmer until thickened and beef is cooked as desired, about 1 minute. Turn beef to coat, then transfer to a shallow dish. Wipe out pan.



6 FINISH AND SERVE
In a second small bowl, combine remaining **2 TBSP room-temperature butter**, **1 tsp chives**, **salt**, and **pepper**. (**TIP:** If butter is not yet softened, microwave 5-10 seconds.) Divide **beef**, **sweet potatoes**, and **asparagus** between plates. Sprinkle asparagus with **almonds**. Top beef with chive butter. Garnish with remaining chives.

TEAM AMANDINE

Garnishing veggies with almonds adds toasty crunch—try green beans or Brussels sprouts next time!

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