



BEEF TENDERLOIN AND SHALLOT PAN SAUCE

with Garlic Herb Creamed Kale and Mashed Potatoes



HELLO
GARLIC HERB BUTTER
 Aromatic garlic and a garden's worth of herbs are blended into butter for rich, luxuriant flavor.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 710

-  Yukon Gold Potatoes
-  Kale
-  Beef Tenderloin
-  Garlic Herb Butter (Contains: Milk)
-  Chives
-  Shallot
-  Beef Demi-Glace (Contains: Milk)
-  Sour Cream (Contains: Milk)

START STRONG

Our trick to prepping chives in a snap? Gather them into a bunch, wrap with a rubber band, and thinly slice, moving the rubber band down as you go. This makes the chives easier to slice through and less likely to bruise.

BUST OUT

- Medium pot
- Medium pan
- Strainer
- Potato masher
- Large pan
- Paper towels
- Vegetable oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

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

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Kale **4 oz** | **8 oz**
- Shallot **1** | **2**
- Chives **¼ oz** | **½ oz**
- Beef Tenderloin* **10 oz** | **20 oz**
- Beef Demi-Glace **1** | **2**
- Garlic Herb Butter **2 TBSP** | **4 TBSP**
- Sour Cream **6 TBSP** | **12 TBSP**

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

WINE CLUB

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1 COOK POTATOES

Wash and dry all produce. Dice **potatoes** into ½-inch pieces. (**TIP:** For creamier spuds, peel potatoes first.) Place in a medium pot with enough **salted water** to cover by 2 inches. Boil until tender, about 15 minutes. Reserve **¼ cup potato cooking water** (⅓ cup for 4 servings), then drain and return potatoes to pot.



4 MAKE SAUCE

Heat another drizzle of **oil** in same pan over medium-high heat. Add **shallot** and cook, stirring, until softened and fragrant, 1-2 minutes. Stir in **demi-glace** and **¼ cup water** (⅓ cup for 4 servings), scraping up any browned bits from bottom of pan. Bring to a simmer, then reduce heat to medium low. Cook until reduced by half, 2-3 minutes. Turn off heat; stir in half the **garlic herb butter**.

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2 PREP AND COOK KALE

Meanwhile, remove and discard any large ribs from **kale**; chop leaves into 1-inch pieces, if necessary. Halve, peel, and mince **shallot**. Thinly slice **chives**. Heat a drizzle of **oil** in a large pan over medium heat. Add kale and a splash of **water**. Cook until kale has wilted and is very tender, 4-5 minutes. Season with **salt** and **pepper**. Turn off heat, keeping kale in pan.



5 MASH POTATOES

To pot with **potatoes**, add **2 TBSP sour cream** and **1 TBSP plain butter** (2 TBSP plain butter for 4 servings). Mash over medium-low heat, adding **reserved potato cooking water** as necessary until smooth and creamy. Stir in half the **chives**; season generously with **salt** and **pepper**.



3 COOK BEEF

Pat **beef** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in a medium pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side. Turn off heat; remove from pan and set aside to rest.



6 FINISH KALE AND PLATE

Return pan with **kale** to medium heat; stir until warm. Stir in remaining **sour cream** and remaining **garlic herb butter**. Season with **salt** and **pepper**. Divide kale, **potatoes**, and **beef** between plates. Drizzle beef with **sauce**. Garnish with remaining **chives**.

KALE YEAH!

This hearty green is packed with fiber, antioxidants, and vitamins galore.

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