



PEPPERCORN-CRUSTED BEEF TENDERLOIN

with Brussels Sprouts Amandine & Mashed Sweet Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



¼ oz | ¼ oz

Chives



8 oz | 16 oz

Brussels Sprouts



1 TBSP | 2 TBSP

Black Peppercorns



10 oz | 20 oz

Beef Tenderloin
Steak



1 | 2

Beef Stock
Concentrate



½ oz | 1 oz

Sliced Almonds
Contains: Tree Nuts



1½ TBSP | 3 TBSP

Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

HELLO

CHIVES

These slender green alliums lend a mild oniony bite to the chive butter.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 720



WE'VE GOT BEEF

Before you cook, let your beef sit out at room temperature for up to an hour for even cooking and extra juicy results.

BUST OUT

- Peeler
 - Paper towels
 - Medium pot
 - Large pan
 - Strainer
 - Potato masher
 - Baking sheet
 - Small bowl
 - Zip-close bag
-
- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
 - 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.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your [#HelloFreshPics](#) with us [@HelloFresh](#)



1 COOK SWEET POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. Bring **3 TBSP butter (6 TBSP for 4 servings)** to room temperature. **Wash and dry produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Drain and return sweet potatoes to pot.
- Keep covered off heat until ready to mash.



4 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.
- Add **stock concentrate** and **2 TBSP water (3 TBSP for 4 servings)**. Simmer until sauce has thickened and beef reaches desired doneness, 1-2 minutes more. Turn beef to coat, then transfer everything to a shallow dish.



2 ROAST SPROUTS

- While sweet potatoes cook, trim and halve **Brussels sprouts** lengthwise. Toss on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until golden brown and tender, 18-22 minutes.



5 MASH SWEET POTATOES

- Mash drained **sweet potatoes** until smooth. (TIP: If **sweet potatoes** have cooled, **mash over medium-low heat**.) Stir in **sour cream** and **1 TBSP softened butter (2 TBSP for 4 servings)** until combined. Season generously with **salt and pepper**.



3 PREP & COAT BEEF

- Meanwhile, thinly slice **chives**. Place **peppercorns** in a zip-close bag and crush with a heavy-bottomed pan or rolling pin; pour onto a plate and spread into an even layer.
- Pat **beef** dry with paper towels; season all over with **salt**. Press both sides of beef into **crushed peppercorns** to evenly coat. TIP: For a milder flavor, **sprinkle beef with peppercorns instead**.



6 FINISH & SERVE

- In a small microwave-safe bowl, combine **remaining 2 TBSP softened butter (4 TBSP for 4 servings)**, **1 tsp chives (2 tsp for 4)**, **salt**, and **pepper**. TIP: If **butter** is still cold, **microwave 5-10 seconds**.
- Divide **beef, sweet potatoes**, and **Brussels sprouts** between plates. Sprinkle Brussels sprouts with **almonds**. Top beef with **chive butter**. Garnish with remaining chives and serve.