



BEEF TENDERLOIN & SHALLOT PAN SAUCE

with Garlic Herb Creamed Kale & 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 for prepping chives like a pro? Gather them into a bunch and wrap with a rubber band, then thinly slice, moving the rubber band down as you go. This keeps chives from flying all over your cutting board (and makes them less likely to bruise).

BUST OUT

- Medium pot
- Medium pan
- Strainer
- Potato masher
- Large pan
- Kosher salt
- Paper towels
- Black pepper
- Vegetable oil (1 TBSP | 1 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.



1 COOK POTATOES
Wash and dry all produce. Dice **potatoes** into ½-inch pieces. (**TIP:** For smoother spuds, peel potatoes first.) 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. Reserve **⅓ cup potato cooking liquid**, then drain and return potatoes to pot.



4 MAKE SAUCE
Heat another drizzle of **oil** in pan used for beef 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** (you'll use the rest later).



2 PREP & 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 is wilted and very tender, 5-7 minutes. Season with **salt** and **pepper**. Turn off heat.



5 MASH POTATOES
To pot with **potatoes**, add **1 packet sour cream** and **1 TBSP plain butter** (for 4 servings, use 2 packets sour cream and 2 TBSP plain butter). Mash over medium-low heat until smooth and creamy, adding splashes of reserved **potato cooking liquid** as needed. Stir in half the **chives**; season generously with **salt** and **pepper**.



3 COOK BEEF
While kale cooks, 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 & SERVE
Return pan with **kale** to medium heat; stir until warmed through. Stir in remaining **sour cream** and **garlic herb butter**. Season with **salt** and **pepper**. Divide kale, **potatoes**, and **beef** between plates. Drizzle beef with **sauce**. Garnish with remaining **chives** and serve.

KALE ME MAYBE

Hooked on kale? Try mixing it into your favorite cheesy baked pasta.

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