



# BEEF TENDERLOIN & SHALLOT PAN SAUCE

with Garlic Herb Creamed Kale & Mashed Potatoes

PREMIUM PICKS

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Yukon Gold Potatoes\*



4 oz | 8 oz  
Kale



1 | 2  
Shallot



¼ oz | ½ oz  
Chives



10 oz | 20 oz  
Beef Tenderloin Steak



1 | 2  
Beef Demi-Glace  
Contains: Milk



2 TBSP | 4 TBSP  
Garlic Herb Butter  
Contains: Milk



6 TBSP | 12 TBSP  
Sour Cream  
Contains: Milk



\*The ingredient you received may be a different color.

## HELLO

### SHALLOT

This milder, sweeter member of the onion family adds allium-azing flavor to a demi-glace pan sauce.

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



## GO GREEN

Our trick for prepping chives like a pro? Gather them into a bunch and gently 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
- Strainer
- Large pan
- Paper towels
- Medium pan
- Potato masher
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## GET SOCIAL

Share your #HelloFreshPics  
with us @HelloFresh

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)

\*Beef is fully cooked when internal temperature reaches 145°.



### 1 COOK POTATOES

- Wash and dry 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 **½ cup potato cooking liquid**, then drain and return potatoes to pot.
- Keep covered off heat until ready to mash.



### 4 MAKE PAN SAUCE

- Heat a **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** (½ 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) until melted.



### 2 PREP & COOK KALE

- Meanwhile, remove and discard any large stems from **kale**; chop leaves into 1-inch pieces. 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.



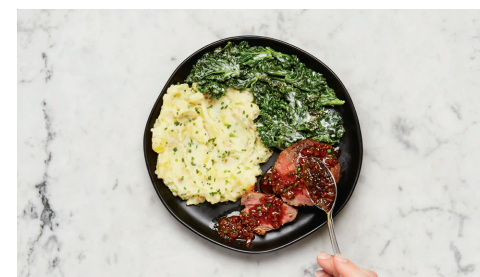
### 5 MASH POTATOES

- To pot with drained **potatoes**, add **one packet sour cream (two packets for 4 servings)** and **1 TBSP plain butter (2 TBSP for 4)**. Mash over medium-low heat until smooth and creamy, adding **splashes of reserved potato cooking liquid** if 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; cook, stirring, until warmed through. Stir in **remaining sour cream** and **remaining garlic herb butter**. Season with **salt** and **pepper**.
- Divide kale, **mashed potatoes**, and **beef** between plates. Drizzle beef with **pan sauce**. Garnish with **remaining chives** and serve.