



## INGREDIENTS

2 PERSON | 4 PERSON



**2 | 4**  
Chicken Stock  
Concentrates



**2 tsp | 4 tsp**  
Honey



**5 tsp | 10 tsp**  
White Wine  
Vinegar



**1 tsp | 1 tsp**  
Cinnamon



**¼ oz | ¼ oz**  
Sage



**6 oz | 12 oz**  
Parsnips



**6 oz | 12 oz**  
Carrots



**1 Clove | 2 Cloves**  
Garlic



**2 tsp | 2 tsp**  
Dijon Mustard



**1 oz | 2 oz**  
Dried Cranberries



**10 oz | 20 oz**  
Beef Tenderloin  
Steak



**1 TBSP | 1 TBSP**  
Bold & Savory  
Steak Spice



**2 oz | 4 oz**  
Mixed Greens



**1 | 2**  
Croutons  
Contains: Milk, Wheat



**3 TBSP | 6 TBSP**  
Parmesan Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

HELLO

PARSNIPS

This cousin of the carrot has a  
sweet, nutty flavor.

# BEEF TENDERLOIN WITH BRAISED PARSNIPS

plus Mixed Greens with Cranberries, Croutons & Parmesan



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 950





## BRAISE THE ROOF

Carrots take longer to cook than parsnips, so we ask you to cut the carrots a bit more thinly. That way, when you braise (aka slow-simmer) the vegetables, everything turns out equally tender.

## BUST OUT

- Small pot
- Paper towels
- Peeler
- Large pan
- Large bowl
- Slotted spoon
- Whisk
- Kosher salt
- Black pepper
- Olive oil (2½ TBSP | 5 TBSP)
- Sugar (¼ tsp | ½ tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (5 TBSP | 10 TBSP)

Contains: Milk



## 1 MIX BRAISING LIQUID

- In a small pot (medium pot for 4 servings), combine **stock concentrates, honey, half the vinegar (you'll use the rest later), half the sage, 1¼ cups water, ¼ tsp cinnamon (be sure to measure; we sent more), 1 tsp salt, and a pinch of pepper.** (For 4, use all the sage, 2 cups water, ½ tsp cinnamon, and 1¾ tsp salt.)
- Add **4 TBSP butter (8 TBSP for 4)** and warm over medium heat until butter has melted.



## 2 PREP

- While braising liquid heats, **wash and dry produce.**
- Trim, peel, and halve **parsnips** lengthwise; cut on a diagonal into ¾-inch-thick pieces. Trim, peel and cut **carrots** on a diagonal into ½-inch-thick pieces. (Halve any thicker carrots lengthwise; the parsnip and carrot pieces should be roughly the same size.) Position the flat side of your knife over **garlic.** Using the heel of your hand, carefully hit the flat of the blade 1-2 times to smash garlic; remove peel and discard.



## 3 BRAISE VEGGIES

- Once butter has melted in pot with **braising liquid**, add **parsnips, carrots, and garlic**; partially cover pot with lid. Continue to cook over medium heat for 10 minutes.
- Reduce heat to medium low. Cook until veggies are tender and easily pierced with a fork, 15-20 minutes more.



## 4 MAKE DRESSING

- While veggies braise, in a large bowl, combine **half the mustard, remaining vinegar, 2½ TBSP olive oil, ¼ tsp sugar, salt, and pepper.** (For 4 servings, use **all the mustard, 5 TBSP olive oil, and ½ tsp sugar.**) Whisk to combine.
- Stir in **cranberries.** Set aside, stirring occasionally, until ready to serve.



## 5 COOK BEEF

- Pat **beef\*** dry with paper towels and season all over with **half the Steak Spice (all for 4 servings), salt, and pepper.**
- Once veggies have braised 15 minutes, heat a **drizzle of oil** in a large pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side.
- Turn off heat; transfer to a cutting board to rest at least 5 minutes. Slice beef against the grain. Wash out pan.



## 6 MAKE SAUCE

- Return same pan to stovetop over medium-high heat. Add **½ cup braising liquid (¾ cup for 4 servings)** from pot and bring to a simmer. Cook until reduced and thickened, 1-3 minutes.
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Taste and season with **salt and pepper.**



## 7 FINISH & SERVE

- To bowl with **dressing**, add **mixed greens, croutons, and half the Parmesan**; toss to coat. Taste and season with **salt and pepper** if desired.
- Using a slotted spoon, remove **braised veggies** from pot; divide between plates. Arrange **steak and salad** on the side. Spoon **sauce** over steak; sprinkle salad with **remaining Parmesan.** Serve.

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

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