



# PEPPERCORN-CRUSTED BEEF TENDERLOIN

with Chive Butter, Asparagus Amandine & Mashed Sweet Potatoes

GOURMET

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Sweet Potatoes



¼ oz | ½ oz  
Chives



6 oz | 12 oz  
Asparagus



1 TBSP | 2 TBSP  
Tri-Colored  
Peppercorns  
Contains: Tree Nuts



10 oz | 20 oz  
Beef Tenderloin



1 | 2  
Beef Stock  
Concentrate



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk

## HELLO

### TRI-COLORED PEPPERCORNS

This blend provides a peppery punch and a pop of color.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 640





## RAISING THE STEAKS

Before you start prepping, remove your steak from the fridge and let it sit out at room temperature. If you have time, you can do this an hour before cooking. This simple step will help the steak cook evenly and become perfectly juicy.

## BUST OUT

- Peeler
- Medium pot
- Strainer
- Zip-close bag
- Paper towels
- Large pan
- 2 Small bowls
- Potato masher
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Butter (3 TBSP | 6 TBSP)  
Contains: Milk

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### 1 COOK SWEET POTATOES

- Bring **3 TBSP butter (6 TBSP for 4 servings)** to room temperature. **Wash and dry all 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.



### 4 COOK ASPARAGUS & TOAST NUTS

- Heat a drizzle of **oil** in same pan over medium-high heat. Add **asparagus**; season with **salt** and **pepper**. Cook, stirring, until lightly browned and tender, 3-5 minutes. Transfer to a plate.
- Add **almonds** to same pan; cook, stirring, until lightly toasted, about 1 minute. Season with **salt** and **pepper**. Transfer to a small bowl.



### 2 PREP & COAT BEEF

- Meanwhile, thinly slice **chives**. Trim and discard woody bottom ends from **asparagus**. 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 peppercorns to evenly coat. **TIP: For a milder flavor, sprinkle beef with peppercorns instead.**



### 5 MASH SWEET POTATOES

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



### 3 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. Turn off heat; wipe out pan.



### 6 FINISH & SERVE

- In a second 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 **asparagus** between plates. Sprinkle asparagus with **almonds**. Top beef with **chive butter**. Garnish with remaining chives and serve.

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