



BEEF TENDERLOIN AND SHALLOT PAN SAUCE

with Garlic Herb Creamed Kale and 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: 720



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 to 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 eliminates flying chives all over your cutting board (and makes them less likely to bruise).

BUST OUT

- Medium pot
- Strainer
- Large pan
- Paper towels
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Medium pan
- Potato masher
- Koshers salt
- Black pepper

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.

WINE CLUB

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1 COOK POTATOES

Wash and dry all produce. Dice **potatoes** into ½-inch pieces. (**TIP:** For creamier spuds, peel potatoes first.) Place in a medium pot with enough **salted water** to cover by 2 inches. Boil 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 same pan 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**.

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2 PREP AND 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 has wilted and is very tender, 4-5 minutes. Season with **salt** and **pepper**. Turn off heat, keeping kale in pan.



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, adding **reserved potato cooking liquid** as necessary until smooth and creamy. Stir in half the **chives**; season generously with **salt** and **pepper**.



3 COOK BEEF

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 AND 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**.

KALE ME MAYBE

Hooked on kale? Try it in chip form! Toss 1 head chopped kale with salt and 2 TBSP olive oil. Roast at 325 degrees until crisp, about 15 minutes.

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