



# Steaks and Sun-Dried Tomato Cream Sauce

## with Walnut-Topped Asparagus

Special

45 Minutes

Customized Protein



+ Add

Swap











or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

 Striploin Steak 370 g   740 g	 Beef Tenderloin 340 g   680 g
---	---



 Top Sirloin Steak 285 g   570 g	 Asparagus 227 g   454 g
 Parsley 7 g   14 g	 Garlic, cloves 1   2
 Walnuts, chopped 28 g   56 g	 Parmesan Cheese, shredded ¼ cup   ½ cup
 Cream 56 ml   113 ml	 Sun-Dried Tomato Pesto ¼ cup   ½ cup
 Garlic Salt 1 tsp   2 tsp	 Sweet Potato 2   4

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Oil, salt, pepper, unsalted butter

**Cooking utensils** | Aluminum foil, 2 baking sheets, large non-stick pan, measuring spoons, paper towels, parchment paper

1



### Prep and roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **pepper** and **half the garlic salt**, then toss to coat.
- Roast in the **top** of the oven, flipping halfway through, until tender, 22-24 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)

4



### Cook asparagus

- Meanwhile, trim and discard bottom 1 inch from **asparagus**.
- Peel, then mince or grate **garlic**.
- Reheat the same pan over medium. When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **asparagus**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**.
- Remove from heat, then add **half the Parmesan**. Toss to combine. Transfer to a plate and set aside.

2



### Toast walnuts

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Remove from heat. Transfer **walnuts** to a plate.
- Carefully wipe the pan clean.

5



### Make sauce

- Meanwhile, finely chop **parsley**.
- Reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **cream**, **pesto** and **remaining Parmesan**.
- Cook, stirring occasionally, until **sauce** thickens slightly and **Parmesan** melts, 1-2 min. Season with **salt** and **pepper**.
- Remove from heat, then stir in **half the parsley** and **any steak resting juices** from the baking sheet.

3



### Sear and roast steaks

Swap | **Striploin Steak**

Swap | **Beef Tenderloin**

- Pat **steaks** dry with paper towels. Season with **pepper** and **remaining garlic salt**.
- Reheat the same pan over medium-high. When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Sear until golden, 2-4 min per side. Then, transfer **steaks** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked to desired doneness, 5-8 min. **\*\*** When done, transfer **steaks** to a cutting board to rest, 5 min. Loosely cover with foil.

6



### Finish and serve

- Thinly slice **steaks**.
- Divide **steaks**, **sweet potatoes** and **asparagus** between plates. Top **asparagus** with **walnuts**.
- Spoon **sauce** over **steaks**, then sprinkle with **remaining parsley**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Sear and roast steak

Swap | **Striploin Steak**

If you've opted for **striploin steaks**, cook them in the same way the recipe instructs you to cook the **sirloin steaks**.

### 3 | Sear and roast beef tenderloin

Swap | **Beef Tenderloin**

If you've opted for **beef tenderloin**, cook it in the same way the recipe instructs you to cook the **sirloin steaks**.

\*\* Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.