



Classic Surf and Steak Dinner

with Tarragon Cream Sauce

Long Weekend Grill

35 Minutes



Beef Steak



Shrimp



Tarragon



Cream



Black Peppercorns,
crushed



Yellow Potato



Dijon Mustard



Asparagus



Beef Broth
Concentrate



Parsley

HELLO TARRAGON

This herb used in French cuisine has a subtle licorice flavour

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 400°F over medium heat.

Bust Out

Baking sheet, measuring spoons, potato masher, strainer, aluminum foil, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Beef Steak	340 g	680 g
Shrimp	285 g	570 g
Tarragon	7 g	14 g
Cream	237 ml	474 ml
Black Peppercorns, crushed	1 ½ tsp	3 tsp
Yellow Potato	300 g	600 g
Dijon Mustard	1 tbsp	2 tbsp
Asparagus	227 g	454 g
Beef Broth Concentrate	1	2
Parsley	7 g	14 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook shrimp and steak to minimum internal temperatures of 74°C/165°F and 63°C/145°F, respectively. Steak size will affect doneness.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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Cook potatoes and start prep

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and **enough water** to cover (approx. 1 inch) in a large pot. (NOTE: Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. While potatoes cook, drain and rinse **shrimp**, then pat dry with paper towels. Pat **steaks** dry with paper towels, then sprinkle with **crushed peppercorns** and season with **salt**.



Grill steak and asparagus

Add **steaks** to grill. Cook **steaks**, flipping once, until cooked to desired doneness, 4-6 min per side.** When the **steaks** are almost finished, arrange **asparagus** on the other side of the grill. Close lid and grill, turning often, until tender, 2-3 min.



Finish prep

Roughly chop **parsley**. Roughly chop **tarragon leaves**. Trim and discard the bottom 1-inch from **asparagus**. Add **asparagus** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt**, then toss to coat. Set aside.



Make tarragon sauce

While **steaks** and **asparagus** grill, return the pan (from step 3) to medium. Add **1 tbsp butter** (dbl for 4 ppl) and swirl the pan to melt. Add **broth concentrate**, **Dijon**, **half the tarragon**, **¼ cup cream** and **¼ cup water** (dbl both for 4 ppl). Stir together, scraping up any browned bits in the pan, until slightly thickened, 1-2 min.



Cook shrimp

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shrimp** and **half the parsley**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.** Season with **salt**. Transfer **shrimp** to a plate. Cover with foil to keep warm and set aside.



Finish and serve

When **potatoes** are done, drain and return to pot, off heat. Using a masher, roughly mash in **¼ cup cream** (dbl for 4 ppl) until smooth. Stir in **remaining parsley** and season with **salt**. Slice **steaks**. Divide **steak**, **shrimp**, **mash** and **asparagus** between plates. Spoon **tarragon sauce** over **steak**. Sprinkle **remaining tarragon** over top.

Dinner Solved!