



Classic Surf and Steak Dinner

with Tarragon Cream Sauce

Special

35 Minutes



Beef Steak



Shrimp



Tarragon



Cream



Cracked Black
Pepper



Yellow Potato



Dijon Mustard



Broccoli, florets



Beef Broth
Concentrate



Parsley

HELLO TARRAGON

This herb commonly used in French cuisine has a subtle licorice flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, potato masher, strainer, 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
Cracked Black Pepper	1 tsp	2 tsp
Yellow Potato	360 g	720 g
Dijon Mustard	1 tbsp	2 tbsp
Broccoli, florets	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 (for medium-rare), respectively. Steak size will affect doneness.

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.

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1



Roast broccoli

Cut **broccoli** into bite-sized pieces. Add **broccoli** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt**, then toss to coat. Roast in the **top** of the oven until golden-brown, 12-14 min. While **broccoli** roasts, cut **potatoes** into ½-inch pieces. Roughly chop **parsley**. Roughly chop **tarragon leaves**.

2



Cook potatoes

Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (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**, using a strainer, then pat dry with paper towels. Pat **steaks** dry with paper towels, then season with **cracked black pepper** and **salt**.

3



Cook steaks

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **steaks**. Pan-fry until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **steaks** to an unlined baking sheet. Bake in the **middle** of the oven until cooked to desired doneness, 5-8 min.**

4



Cook shrimp

Heat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shrimp** and **half the parsley**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Season with **salt**. Transfer **shrimp** to a plate and cover to keep warm.

5



Make tarragon cream sauce

Add **1 tbsp butter** (dbl for 4 ppl) to the same pan and swirl the pan until melted. Add **broth concentrate**, **Dijon**, **half the tarragon**, **¼ cup cream** and **¼ cup water** (dbl both for 4 ppl). Stir, scraping up any browned bits on the bottom of the pan, until **sauce** thickens slightly, 1-2 min.

6



Finish and serve

When **potatoes** are done, drain and return them to the same pot, off heat. Mash **¼ cup cream** (dbl for 4 ppl) into **potatoes** until smooth. Stir in **remaining parsley** and season with **salt**. Slice **steaks**. Stir any **steak juices** from the baking sheet into **tarragon cream sauce**. Divide **steak**, **shrimp**, **mash** and **broccoli** between plates. Spoon **sauce** over **steak**. Sprinkle **remaining tarragon** over top.

Dinner Solved!