



BEEF TENDERLOIN TOPPED WITH DEMI-GLACE SAUCE with Garlic Mashed Potatoes and Lemony Brussels Sprouts



HELLO ROSEMARY

This versatile herb has a distinctively piney flavor, which adds aromatic depth to savory pan sauce.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 650



Brussels Sprouts



Lemon



Sour Cream
(Contains: Milk)



Rosemary



Dijon Mustard



Garlic



Yukon Gold Potatoes



Beef Tenderloin



Beef Demi-Glaze
(Contains: Milk)



Chili Flakes

START STRONG

To give the sauce more garlic flavor, crush the clove before adding in step 5. Place clove on a cutting board, cover with the flat side of a large knife, and press blade down with the heel of your hand until clove is lightly crushed.

BUST OUT

- Zester
- Large pot
- Strainer
- Potato masher
- Large bowl
- Olive oil (2 tsp | 2 tsp)
- Vegetable oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Brussels Sprouts **8 oz | 16 oz**
- Garlic **2 Cloves | 4 Cloves**
- Lemon **1 | 1**
- Yukon Gold Potatoes **12 oz | 24 oz**
- Sour Cream **2 TBSP | 4 TBSP**
- Beef Tenderloin* **10 oz | 20 oz**
- Rosemary **¼ oz | ¼ oz**
- Beef Demi-Glace **1 | 2**
- Dijon Mustard **2 tsp | 4 tsp**
- Chili Flakes  **1 tsp | 1 tsp**

* Beef is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

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1 PREP AND COOK POTATOES

Preheat oven to 425 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts** lengthwise. Mince or grate **1 clove garlic** (2 cloves for 4 servings). Zest and halve **lemon**. Dice **potatoes** into ½-inch pieces (no need to peel); place in a large pot with enough **salted water** to cover. Bring to a boil and cook until tender, 15-20 minutes. Reserve ½ **cup potato cooking liquid**, then drain.



4 COOK BEEF

Meanwhile, pat **beef** dry with paper towels; season generously with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side. Turn off heat; transfer to a cutting board to rest. Wipe out pan.



2 MASH POTATOES

Melt **1 TBSP butter** (2 TBSP for 4 servings) in same pot over low heat. Add **minced garlic** and cook until fragrant, 30 seconds. Return **potatoes** to pot; mash with a potato masher until smooth, adding splashes of **reserved potato cooking liquid** as needed. Stir in **sour cream**; season with **salt** and **pepper**. Keep covered until ready to serve.



5 MAKE SAUCE

Melt **1 TBSP butter** (2 TBSP for 4 servings) in same pan over medium heat. Add remaining **garlic** and **1 sprig rosemary** (2 sprigs for 4); cook, stirring, until fragrant, 30-60 seconds. Reduce heat to low. Add **demi-glace, mustard**, and ¼ **cup water** (⅓ cup for 4 servings). Cook, stirring, until thoroughly combined, 1-2 minutes. Stir in any **resting juices** from beef. Turn off heat. Season with **salt** and **pepper**. Remove and discard garlic and rosemary.



3 ROAST BRUSSELS SPROUTS AND LEMON

Meanwhile, toss **Brussels sprouts** in a large bowl with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place Brussels sprouts and **1 lemon half** (both halves for 4 servings) cut side down on a baking sheet. Roast on top rack until golden brown, 20-25 minutes.



6 FINISH AND SERVE

Slice **beef** against the grain. Top **Brussels sprouts** with as much juice from **roasted lemon** as you like; sprinkle with **lemon zest** and **chili flakes** to taste. Divide beef, Brussels sprouts, and **mashed potatoes** between plates. Spoon **sauce** over beef and serve.

CAKEWALK

Special occasions call for dessert. In a mug, combine ¼ cup each milk & flour, ¼ tsp baking powder, & ¼ cup chocolate hazelnut spread. Microwave until cake is springy, 1-2 minutes.

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