



BEEF TENDERLOIN WITH BROWN BUTTER ROASTED VEGGIES

plus Parmesan Mashed Potatoes

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



9 oz | 18 oz
Carrots



1 | 2
Parsnip



1 | 1
Shallot



¼ oz | ¼ oz
Parsley



6.75 oz | 6.75 oz
Milk
Contains: Milk



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



10 oz | 20 oz
Beef Tenderloin



1 | 2
Beef Demi-Glace
Contains: Milk

HELLO

BROWN BUTTER

Plain butter is transformed into a rich, nutty sauce that you'll want to spoon over everything.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 860



TAKE A REST

Make sure to let the beef stand at least 5 minutes after it's done cooking. That extra time gives the juices a chance to settle and redistribute, keeping the meat nice and moist.

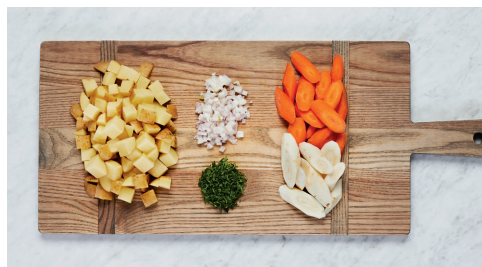
BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Potato masher
- Medium pan
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (5 TBSP | 6 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** and **parsnip** on a diagonal into ½-inch-thick pieces. Halve, peel, and mince **shallot** until you have 2 TBSP (4 TBSP for 4 servings). Finely chop **parsley**.



4 MAKE BROWN BUTTER

- While potatoes cook, melt **2 TBSP butter (3 TBSP for 4 servings)** in a medium, preferably nonstick, pan over medium-high heat. Cook, stirring frequently, until butter is foamy and flecked with amber brown bits, 1-2 minutes.
- Turn off heat and carefully transfer **brown butter** to a large bowl. Wipe out pan.



2 ROAST VEGGIES

- Toss **carrots** and **parsnip** on a baking sheet with a **large drizzle of olive oil** and a **pinch of salt and pepper**.
- Roast on top rack until golden brown and tender, 20-25 minutes.



5 COOK BEEF

- Pat **beef*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in pan used for butter over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side.
- Turn off heat; transfer to a plate to rest. Wash out pan.



3 MAKE MASHED POTATOES

- Meanwhile, place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Boil until tender when pierced with a fork, 15 minutes.
- Drain and return potatoes to pot. Mash with **1 TBSP butter** and **¼ cup milk** until smooth and creamy. **TIP: If necessary, add more milk a splash at a time.**
- Stir in **Parmesan** and season with **salt** and **pepper**. Cover to keep warm.



6 FINISH & SERVE

- Melt **1 TBSP plain butter** in same pan over medium-low heat. Add **minced shallot** and cook until softened, 1 minute.
- Stir in **demi-glace, ¼ cup water (½ cup for 4 servings)**, and any **resting juices from beef**. Simmer until thickened, 2-3 minutes. Turn off heat.
- Stir in another **1 TBSP plain butter**; season with **salt** and **pepper**.
- Add **carrots, parsnip**, and **half the parsley** to bowl with **brown butter**; toss to thoroughly coat.
- Divide veggies, **potatoes**, and **beef** between plates. Top beef with sauce and remaining parsley. Serve.

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