



# PEPPERCORN-CRUSTED BEEF TENDERLOIN

with Brussels Sprouts Amandine & Mashed Sweet Potatoes

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Sweet Potatoes



¼ oz | ¼ oz

Chives



8 oz | 16 oz

Brussels Sprouts



1 TBSP | 2 TBSP

Black Peppercorns



10 oz | 20 oz

Beef Tenderloin Steaks



1 | 2

Beef Stock Concentrate



½ oz | 1 oz

Sliced Almonds  
Contains: Tree Nuts



1½ TBSP | 3 TBSP

Sour Cream  
Contains: Milk



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WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



### HELLO

### CHIVES

These slender green alliums lend a mild oniony bite to the chive butter.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 720



## WE'VE GOT BEEF

Before you cook, let your beef sit out at room temperature for up to an hour for even cooking and extra juicy results.

## BUST OUT

- Peeler
  - Paper towels
  - Medium pot
  - Large pan
  - Strainer
  - Potato masher
  - Baking sheet
  - Small bowl
  - Zip-close bag
- 
- Kosher salt
  - Black pepper
  - Cooking oil (2 tsp | 2 tsp)
  - Butter (3 TBSP | 6 TBSP)  
Contains: Milk

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### 1 COOK SWEET POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. Bring **3 TBSP butter (6 TBSP for 4 servings)** to room temperature. **Wash and dry produce.**
- Peel and dice **sweet potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Drain and return sweet potatoes to pot.
- Keep covered off heat until ready to mash.



### 4 COOK BEEF

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef** and cook almost to desired doneness, 4-7 minutes per side.
- Add **stock concentrate** and **2 TBSP water (3 TBSP for 4 servings)**. Simmer until sauce has thickened and beef reaches desired doneness, 1-2 minutes more. Turn beef to coat, then transfer everything to a shallow dish.



### 2 ROAST SPROUTS

- While sweet potatoes cook, trim and halve **Brussels sprouts** lengthwise. Toss on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until golden brown and tender, 18-22 minutes.



### 5 MASH SWEET POTATOES

- Mash drained **sweet potatoes** until smooth. (**TIP: If sweet potatoes have cooled, mash over medium-low heat.**) Stir in **sour cream** and **1 TBSP softened butter (2 TBSP for 4 servings)** until combined. Season generously with **salt** and **pepper**.



### 3 PREP & COAT BEEF

- Meanwhile, thinly slice **chives**. Place **peppercorns** in a zip-close bag and crush with a heavy-bottomed pan or rolling pin; pour onto a plate and spread into an even layer.
- Pat **beef\*** dry with paper towels; season all over with **salt**. Press both sides of beef into crushed peppercorns to evenly coat. **TIP: For a milder flavor, sprinkle beef with peppercorns instead.**



### 6 FINISH & SERVE

- In a small microwave-safe bowl, combine **remaining 2 TBSP softened butter (4 TBSP for 4 servings)**, **1 tsp chives (2 tsp for 4)**, **salt**, and **pepper**. **TIP: If butter is still cold, microwave 5-10 seconds.**
- Divide **beef, sweet potatoes**, and **Brussels sprouts** between plates. Sprinkle Brussels sprouts with **almonds**. Top beef with **chive butter**. Garnish with remaining chives and serve.

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