



# BEEF TENDERLOIN & GOUDA SANDOS

plus Balsamic Au Jus & Mixed Greens Salad with Apple

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Granny Smith  
Apple



1 | 2  
Shallot



1 | 1  
Lemon



5 tsp | 10 tsp  
Balsamic Vinegar



1 tsp | 1 tsp  
Dried Thyme



4 tsp | 8 tsp  
Dijon Mustard



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



10 oz | 20 oz  
Beef Tenderloin  
Steak



1 tsp | 1 tsp  
Garlic Powder



1 TBSP | 1 TBSP  
Onion Powder



2 | 4  
Beef Stock  
Concentrates



2 | 4  
Demi-Baguettes  
Contains: Soy, Wheat



2 Slices | 4 Slices  
Gouda Cheese  
Contains: Milk



2 oz | 4 oz  
Mixed Greens



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



### HELLO

### AU JUS

French for "with juice," here it refers to  
a savory broth for dipping



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1080



## TAKE A REST

Be sure to let beef rest at least 5 minutes after it's done cooking. This gives the juices a chance to settle and keeps meat moist.

## BUST OUT

- 2 Small bowls
  - Paper towels
  - Large pan
  - Baking sheet
  - Medium bowl
  - Kosher salt
  - Black pepper
  - Sugar (¼ tsp | ½ tsp)
  - Cooking oil (1 TBSP | 1 TBSP)
  - Olive oil (1 TBSP | 2 TBSP)
  - Butter (1 TBSP | 2 TBSP)
- Contains: Milk



### 1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve, peel, and thinly slice **shallot**. Halve, core, and thinly slice **apple**. Halve **lemon**.



### 2 PICKLE SHALLOT & MIX SAUCE

- In a small bowl, combine **vinegar**, **half the thyme**, **2 TBSP water**, **¼ tsp sugar**, and a **big pinch of salt** until salt and sugar are dissolved. (For 4 servings, use **all the thyme**, **4 TBSP water**, and **½ tsp sugar**.) Stir in **shallot**; set aside to pickle.
- In a separate small bowl, combine **mayonnaise** and **mustard**. Season **Dijonnaise** with **salt** and **pepper** to taste.



### 3 COOK BEEF

- Pat **beef\*** dry with paper towels; season all over with **half the garlic powder** (all for 4 servings), **half the onion powder** (all for 4), a **big pinch of 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.



### 4 MAKE AU JUS

- Heat a **drizzle of oil** in same pan over medium heat. Add **pickled shallot and its liquid**, **stock concentrates**, and **¼ cup water** (½ cup for 4 servings). Cook, stirring occasionally, until shallot is softened, 4-5 minutes.
- Remove pan from heat; stir in **1 TBSP butter** (2 TBSP for 4) until melted. Cover to keep warm.



### 5 MAKE SANDWICHES

- Halve **baguettes** lengthwise. Toast directly on middle rack until crisp, 2-3 minutes.
- Thinly slice **beef** against the grain.
- Once baguettes are toasted, transfer to a baking sheet; arrange cut sides up. Top bottom halves with beef and **gouda**. Bake on middle rack until cheese is melted, 2-3 minutes; transfer to a cutting board.
- Using tongs or a slotted spoon, arrange **shallot** from pan over melted cheese (**reserve au jus in pan**). Spread top baguette halves with **Dijonnaise**. Close **sandwiches**.



### 6 MAKE SALAD

- In a medium bowl (**large bowl for 4 servings**), combine **mixed greens**, **apple**, **juice from half the lemon** (**whole lemon for 4**), and **1 TBSP olive oil** (**2 TBSP for 4**). Toss to coat. Season with **salt** and **pepper** to taste.



### 7 FINISH & SERVE

- Halve **sandwiches** crosswise. Pour **au jus** into small serving bowls.
- Divide sandwiches and **salad** between plates. Serve with au jus on the side. **TIP: We like to dunk our sandwiches in the au jus before each bite!**

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