



SESAME CHILI BEEF TENDERLOIN

with Soy Butter Tomatoes, Garlic Broccoli & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli



4 oz | 8 oz
Grape Tomatoes



2 | 4
Scallions



1 Thumb | 2 Thumbs
Ginger



3/4 Cup | 1 1/2 Cups
Jasmine Rice



1 | 2
Pho Stock Concentrate



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Beef Tenderloin Steak



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



1 tsp | 2 tsp
Korean Chili Flakes



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



5 tsp | 5 tsp
Rice Wine Vinegar



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HELLO

SOY BUTTER TOMATOES

A burst tomato topper with scallions, soy sauce, vinegar, and butter



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 870



PEEL THE DEAL

To peel ginger's knobby nooks, bust out a spoon! Using the tip, apply pressure in a downward motion, carving away the skin.

BUST OUT

- Small pot
- Medium bowl
- Paper towels
- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Thinly slice **scallions**, separating whites from greens. Peel and mince or grate **ginger**. Cut **broccoli florets** into bite-size pieces if necessary. Halve **tomatoes** lengthwise.



4 ROAST BROCCOLI & BEEF

- While beef cooks, toss **broccoli** on one side of a baking sheet with a **drizzle of oil, remaining garlic powder, salt, and pepper**. Roast on top rack for 5 minutes.
- Once broccoli has roasted for 5 minutes, remove sheet from oven. Carefully place **beef** on empty side of sheet. Return to top rack and roast until broccoli is browned and tender and beef reaches desired doneness, 8-10 minutes more.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **rice, half the scallion whites, and 1 tsp ginger (2 tsp for 4 servings)**. Cook, stirring, until fragrant, 1-3 minutes.
- Stir in **1¼ cups water (2½ cups for 4)** and **stock concentrate**; bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 COOK TOMATOES

- Meanwhile, heat a **drizzle of oil** in pan used for beef over medium-high heat. Add **tomatoes and remaining scallion whites**; cook until tomatoes begin to burst, 2-3 minutes.
- Stir in **soy sauce, half the vinegar, ¼ cup water, and 1 tsp sugar (all the vinegar, ½ cup water, and 2 tsp sugar for 4 servings)**. Cook, stirring occasionally, until mixture is slightly thickened, 2-4 minutes more.
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted.



3 SEASON & SEAR BEEF

- Meanwhile, in a medium bowl, combine **sesame seeds, chili flakes, and half the garlic powder**.
- Pat **beef*** dry with paper towels and season generously all over with **salt and pepper**.
- Add beef to bowl with **sesame-chili mixture**; press to coat all sides.
- Heat a **drizzle of oil** in a large pan over medium heat. Add beef and sear, turning occasionally, until browned all over, 4-7 minutes. Turn off heat; transfer beef to a plate (**it'll finish cooking in the next step**). Wipe out pan.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **scallion greens and 1 TBSP butter (2 TBSP for 4 servings)** until melted and combined. Taste and season with **salt and pepper**.
- Slice **beef** against the grain.
- Divide rice between plates. Top with **broccoli** and beef in separate sections; spoon as many **tomatoes** as you like over beef. Serve with any remaining tomatoes on the side.

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