



BALSAMIC-AND-FIG BEEF TENDERLOIN

with Garlic Mashed Potatoes and Rosemary Breadcrumb Brussels Sprouts



HELLO
BRUSSELS SPROUTS
These tiny green globes are members of the cabbage family.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 740

-  Yukon Gold Potatoes
-  Shallot
-  Garlic
-  Panko Breadcrumbs
(Contains: Wheat)
-  Beef Stock Concentrate
-  Balsamic Vinegar
-  Brussels Sprouts
-  Rosemary
-  Sour Cream
(Contains: Milk)
-  Beef Tenderloin
-  Fig Jam

START STRONG

To make sure your mashed potatoes stay warm, keep the pot over very low heat until ready to serve. Just be sure to cover it first! This way, the potatoes stay nice and creamy.

BUST OUT

- Medium pot
- Baking sheet
- Strainer
- Paper towels
- Potato masher
- Kosher salt
- Medium pan
- Black pepper
- Medium bowl
- Olive oil (1 TBSP | 1 TBSP)
- Vegetable oil (2 tsp | 2 tsp)
- Butter (3 TBSP | 5 TBSP)
(Contains: Milk)

INGREDIENTS

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

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Brussels Sprouts **8 oz** | **16 oz**
- Shallot **1** | **1**
- Rosemary **¼ oz** | **¼ oz**
- Garlic **2 Cloves** | **4 Cloves**
- Sour Cream **2 TBSP** | **4 TBSP**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**
- Beef Tenderloin* **10 oz** | **20 oz**
- Beef Stock Concentrate **1** | **2**
- Fig Jam **2 TBSP** | **4 TBSP**
- Balsamic Vinegar **5 tsp** | **10 tsp**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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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 and halve **Brussels sprouts**. Halve, peel, and mince **shallot** until you have 2 TBSP (3 TBSP for 4 servings). Strip **rosemary leaves** from stems; mince leaves until you have 1 tsp (2 tsp for 4). Mince or grate **garlic**.



4 ROAST BRUSSELS SPROUTS

Toss **Brussels sprouts** on a baking sheet with a large drizzle of **olive oil, salt, and pepper**. Arrange cut sides down and roast until browned and crispy, 15-20 minutes. Add to bowl with **panko** and toss to combine. Season with **salt, pepper**, and half the **minced rosemary** (save the rest for later).



2 MAKE MASHED POTATOES

Place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil; cook until tender, 15-20 minutes. Reserve **1 cup potato cooking liquid**, then drain. Melt **2 TBSP butter** (4 TBSP for 4) in same pot over medium heat. Add **garlic**; cook 30-60 seconds. Return potatoes to pot and mash with a splash of reserved potato cooking liquid. Stir in **sour cream**. Season with **salt and pepper**.



5 COOK BEEF

Meanwhile, pat **beef** dry with paper towels; season all over with **salt and pepper**. Heat a large drizzle of **oil** in pan used for panko over medium-high heat. Add beef and cook to desired doneness, 3-6 minutes per side. Turn off heat; remove from pan and set aside to rest for 5 minutes. Wipe out pan.



3 TOAST PANKO

Meanwhile, heat a drizzle of **olive oil** in a medium, preferably nonstick, pan over medium-high heat. Add **panko**; season with **salt and pepper**. Cook, stirring often, until golden brown, 3-5 minutes. Turn off heat; transfer panko to a medium bowl. Wipe out pan.



6 MAKE SAUCE AND SERVE

Melt **1 TBSP butter** in same pan over medium heat. Add **minced shallot**; cook until fragrant, 1-2 minutes. Add **stock concentrate, jam, vinegar, 2 TBSP water** (4 TBSP for 4 servings), and remaining **minced rosemary** to taste. Cook until slightly thickened, 1-2 minutes. Stir in any **resting juices** from beef; season with **salt and pepper**. Divide **potatoes, Brussels sprouts, and beef** between plates. Top beef with **sauce**.

CRUNCH TIME

Make the seasoned panko again to top mac 'n' cheese!

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