



BALSAMIC & FIG BEEF TENDERLOIN

with Garlic Mashed Potatoes & Rosemary Breadcrumb Brussels Sprouts



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

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 770

-  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 that your mashed potatoes are served warm, we suggest keeping the pot on low heat until you're 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 **½ Cup** | **1 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.



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** lengthwise. 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. Roast on top rack until browned and crispy, 15-20 minutes. Add to bowl with **toasted panko**; toss to combine. Season with **salt, pepper, and half the minced rosemary**.



2 MAKE MASHED POTATOES Place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Boil until tender, 15-20 minutes. Reserve ½ cup **potato cooking liquid**; drain. Melt **2 TBSP butter** (4 TBSP for 4) in same pot over medium heat. Add **garlic**; cook until fragrant, 30 seconds. Add potatoes and **sour cream**; mash until smooth, adding splashes of reserved cooking liquid as needed. Season with **salt and pepper**.



5 COOK BEEF While Brussels sprouts roast, 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, 4-7 minutes per side. Turn off heat; remove from pan and set aside to rest for at least 5 minutes. Wipe out pan.



3 TOAST PANKO While potatoes cook, heat a drizzle of **olive oil** in a medium, preferably nonstick, pan over medium-high heat. Add **panko** and 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 & 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), any **resting juices** from beef, and remaining **minced rosemary** to taste. Cook until slightly thickened, 1-2 minutes. Season with **salt and pepper**. Divide **potatoes, Brussels sprouts, and beef** between plates. Top beef with **sauce** and serve.

CRUNCH TIME

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



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