



BALSAMIC & FIG BEEF TENDERLOIN

with Mashed Potato & Rosemary Panko Brussels Sprouts

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Russet Potato



8 oz | 16 oz
Brussels Sprouts



1 | 1
Shallot



¼ oz | ¼ oz
Rosemary



1 Clove | 2 Cloves
Garlic



2 TBSP | 2 TBSP
Sour Cream
Contains: Milk



¼ Cup | ¼ Cup
Panko Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Beef Tenderloin



1 | 2
Beef Stock
Concentrate



2 TBSP | 4 TBSP
Fig Jam



5 tsp | 10 tsp
Balsamic Vinegar

HELLO

FIG JAM

This fruity condiment mingles with tangy balsamic vinegar to create the perfect sauce for beef tenderloin.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 760



HELLO FRESH

ON THE BACK BURNER

To make sure that your mashed potato is 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, it stays nice and creamy.

BUST OUT

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

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and dice **potato** into ½-inch pieces. Peel and mince or grate **garlic**. Trim and halve **Brussels sprouts** lengthwise. Strip **rosemary leaves** from stems; mince leaves until you have 1 tsp (2 tsp for 4 servings). Halve, peel, and mince **shallot** until you have 2 TBSP (3 TBSP for 4).



4 ROAST BRUSSELS SPROUTS

- Toss **Brussels sprouts** on a baking sheet with a **large drizzle of olive oil, salt, and pepper.**
- Roast on top rack until browned and crispy, 15-20 minutes.
- Carefully transfer to bowl with **toasted panko**; toss to combine. Season with **half the minced rosemary, salt, and pepper.**



2 MAKE MASHED POTATO

- Place **potato** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain.
- Melt **2 TBSP butter (4 TBSP for 4 servings)** in empty pot over medium heat. Add **garlic**; cook until fragrant, 30 seconds. Add potato 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 beef from pan and set aside to rest for at least 5 minutes. Wipe out pan.



3 TOAST PANKO

- While potato cooks, 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.
- Stir in **stock concentrate, jam, vinegar, 2 TBSP water (4 TBSP for 4 servings)**, any **resting juices from beef**, and **remaining minced rosemary** to taste. Cook until slightly thickened, 1-2 minutes. Season with **salt and pepper.**
- Divide **mashed potato, Brussels sprouts, and beef** between plates. Top beef with **sauce** and serve.

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