



BEEF TENDERLOIN AU POIVRE with Roasted Potatoes & Green Beans



HELLO
BLACK PEPPERCORNS
Freshly cracked pepper adds so much more
flavor than the pre-ground spice.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 580



Yukon Gold Potatoes



Shallot



Chives



Beef Demi-Glaze
(Contains: Milk)



Green Beans



Black Peppercorns



Beef Tenderloin

START STRONG

If you're unsure of how many crushed peppercorns to use in this dish, start with a few and add more to taste.

BUST OUT

- Zip-close bag
- Kosher salt
- Baking sheet
- Black pepper
- Paper towels
- Medium pan
- Vegetable oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

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

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Green Beans **6 oz** | **12 oz**
- Shallot **1** | **2**
- Black Peppercorns **1 TBSP** | **2 TBSP**
- Chives **¼ oz** | **½ oz**
- Beef Tenderloin* **10 oz** | **20 oz**
- Beef Demi-Glace **1** | **2**

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



1 PREP

Adjust rack to top position (top and bottom positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Cut **potatoes** into ½-inch-thick wedges. Trim **green beans**, if necessary. Halve, peel, and mince **shallot** until you have 2 TBSP. Place **peppercorns** in a zip-close bag; crush with a rolling pin or a heavy pan. Thinly slice **chives**.



4 COOK BEEF

Meanwhile, pat **beef** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in a medium pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side. Turn off heat; transfer to a plate and let rest for 5 minutes. Wash out pan.



2 ROAST POTATOES

Toss **potatoes** on a baking sheet with a large drizzle of **oil** and a large pinch of **salt** and **pepper**. Roast on top rack until lightly browned, 10 minutes (you'll add more to the sheet then).



5 MAKE SAUCE

Melt **1 TBSP butter** in same pan over medium heat. Add **minced shallot** and cook, stirring, until slightly softened, 1-2 minutes. Add **demi-glace**, **¼ cup water** (⅓ cup for 4 servings), **½ tsp crushed peppercorns** (1 tsp for 4; be sure to measure), and any **resting juices** from beef. Simmer until slightly thickened, 2-3 minutes. Turn off heat. Stir in another **1 TBSP butter** (2 TBSP for 4) and half the **chives**. Season with **salt** and more peppercorns if desired.



3 ROAST GREEN BEANS

Once **potatoes** are lightly browned, remove sheet from oven. Push potatoes to one side. Carefully toss **green beans** on empty side of same sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. (For 4 servings, leave potatoes roasting and add green beans to a second sheet; roast on bottom rack.) Return to oven until veggies are browned and tender, 10-15 minutes more.



6 SERVE

Divide **potatoes**, **green beans**, and **beef** between plates. Top beef with **sauce**. Sprinkle with remaining **chives** and serve.

SWIPE RIGHT

Pro tip: Use the potatoes to sweep up any runaway sauce.

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