



BEEF TENDERLOIN WITH BROWN BUTTER ROASTED VEGGIES and Cheesy Mashed Potatoes



HELLO

BROWN BUTTER

Plain butter is transformed into a rich, toasty sauce that you'll want to spoon over everything.

PREP: 10 MIN

TOTAL: 35 MIN

CALORIES: 880



Yukon Gold Potatoes



Parsnip



Parsley



Parmesan Cheese
(Contains: Milk)



Beef Demi-Glace
(Contains: Milk)



Carrots



Shallot



Milk
(Contains: Milk)



Beef Tenderloin

START STRONG

Love your veggies extra golden and crispy? Leave your baking sheet in the oven while it preheats. When the carrots and parsnip hit that hot surface, they'll begin to sizzle and crisp.

BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Potato masher
- Olive oil (2 tsp | 2 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (5 TBSP | 6 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper
- Medium pan
- Large bowl
- Paper towels

INGREDIENTS

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

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Carrots **3** | **6**
- Parsnip **1** | **2**
- Shallot **1** | **1**
- Parsley **¼ oz** | **¼ oz**
- Milk **6.75 oz** | **6.75 oz**
- Parmesan Cheese **¼ Cup** | **½ Cup**
- Beef Tenderloin* **10 oz** | **20 oz**
- Beef Demi-Glace **1** | **2**

* 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. Peel and cut **carrots** and **parsnip** into ½-inch pieces on a diagonal. Halve, peel, and mince **shallot** until you have 2 TBSP (4 TBSP for 4 servings). Pick **parsley** leaves from stems; discard stems and finely chop leaves.



4 MAKE BROWN BUTTER

While potatoes cook, melt **2 TBSP butter** (3 TBSP for 4 servings) in a medium, preferably nonstick, pan over medium-high heat. Cook, stirring frequently, until butter is foamy on top and flecked with amber brown bits, 1-2 minutes. Turn off heat and transfer to a large bowl. Wipe out pan.



2 ROAST VEGGIES

Toss **carrots** and **parsnip** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast on top rack until golden brown and tender, 20-25 minutes.



5 COOK BEEF

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



3 MAKE MASHED POTATOES

Meanwhile, place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Boil until tender when pierced with a fork, about 15 minutes. Drain and return to pot. Mash with **1 TBSP butter** and **¼ cup milk**. (**TIP:** Add more milk, as necessary, until smooth and creamy.) Stir in **Parmesan** and season with **salt** and **pepper**. Cover to keep warm.



6 FINISH AND SERVE

Melt **1 TBSP plain butter** in same pan over medium-low heat. Add **minced shallot** and cook until softened, 1 minute. Stir in **demi-glace**, **¼ cup water** (⅓ cup for 4 servings), and any **resting juices** from beef. Simmer until thickened, 2-3 minutes. Turn off heat. Stir in **1 TBSP plain butter**; season with **salt** and **pepper**. Add **carrots**, **parsnip**, and half the **parsley** to bowl with **brown butter**; toss to thoroughly coat. Divide veggies, **potatoes**, and **beef** between plates. Top beef with sauce and remaining parsley.

GO GREEN

A sprinkle of parsley adds fresh, herbaceous flavor to this rich dish.

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