



# BEEF TENDERLOIN WITH BROWN BUTTER ROASTED VEGGIES & Cheesy Mashed Potatoes



## HELLO BROWN BUTTER

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

PREP: 10 MIN

TOTAL: 35 MIN

CALORIES: 920



Yukon Gold Potatoes



Parsnip



Parsley



Gruyère Cheese  
(Contains: Milk)



Beef Demi-Glace  
(Contains: Milk)



Carrots



Shallot



Milk  
(Contains: Milk)



Beef Tenderloin



## START STRONG

Be warned: butter can go from Goldilocks yellow to Three Bears brown in a blink! To achieve the perfect shade of browned butter, keep a close eye on your pan and stir continuously. Remove the pan from the heat as soon as you spot amber flecks.

## 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)
- Medium pan
- Large bowl
- Paper towels
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 9 oz | 18 oz
- Parsnip 1 | 2
- Yukon Gold Potatoes 12 oz | 24 oz
- Shallot 1 | 1
- Parsley ¼ oz | ¼ oz
- Milk 6.75 oz | 6.75 oz
- Gruyère Cheese ½ Cup | 1 Cup
- 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 and preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and cut **carrots** and **parsnip** on a diagonal into ½-inch-thick pieces. Dice **potatoes** into ½-inch pieces. Halve, peel, and mince **shallot** until you have 2 TBSP (4 TBSP for 4 servings). Finely chop **parsley**.



## 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 and flecked with amber brown bits, 1-2 minutes. Turn off heat and carefully 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 & MAKE SAUCE

Pat **beef** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in pan used for butter over medium-high heat. Add beef; cook to desired doneness, 4-7 minutes per side. Turn off heat; transfer to a plate to rest. Wash out pan. Melt 1 **TBSP plain butter** in same pan over medium low. Add **minced shallot**; cook until softened, 1 minute. Stir in **demi-glace**, ¼ **cup water** (⅓ cup for 4), 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**.



## 3 MAKE MASHED POTATOES

Meanwhile, 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. Drain; return potatoes to pot. Mash with 1 **TBSP butter** until smooth, adding splashes of **milk** as needed. Stir in **Gruyère**. Season with **salt** and **pepper**. Cover to keep warm.



## 6 FINISH & SERVE

Add **carrots**, **parsnip**, and half the **parsley** to bowl with **brown butter**; toss until thoroughly coated. Divide veggies, **potatoes**, and **beef** between plates. Top beef with **sauce** and remaining parsley. Serve.

## WHAT'S BETTER?

Try replacing plain melted butter with brown butter in your next batch of chocolate chip cookies!

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