



## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



1 | 2  
Parsnip



12 oz | 24 oz  
Potatoes\*



1 | 1  
Shallot



¼ oz | ¼ oz  
Parsley



6.75 oz | 6.75 oz  
Milk  
Contains: Milk



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



10 oz | 20 oz  
Beef Tenderloin  
Steak



1 | 2  
Beef Demi-Glace  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



\*The ingredient you received may be a different color.

## HELLO

### BROWN BUTTER

A little heat transforms butter into a rich,  
nutty sauce.

# BEEF TENDERLOIN WITH BROWN BUTTER VEGGIES

plus Parmesan Mashed Potatoes



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 870



## TAKE A REST

Be sure to let beef rest at least 5 minutes after it's done cooking. This gives the juices a chance to redistribute, keeping the meat moist and tender.

## BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Potato masher
- Medium pan
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (5 TBSP | 7 TBSP)

Contains: Milk



## 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry 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; save the rest for another use). Finely chop **parsley**.



## 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.



## 3 MAKE MASHED POTATOES

- Meanwhile, place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15 minutes.
- Drain and return potatoes to pot. Mash with **1 TBSP butter** (2 TBSP for 4 servings) and **¼ cup milk** (½ cup for 4) until smooth and creamy. **TIP: If necessary, add more milk a splash at a time.**
- Stir in **Parmesan** and season with **salt** and **pepper**.
- Keep covered off heat until ready to serve.



## 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 **brown butter** to a large bowl. Wipe out pan.



## 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 and cook to desired doneness, 4-7 minutes per side.
- Turn off heat; transfer to a plate to rest. Wash out pan.



## 6 MAKE SAUCE & TOSS VEGGIES

- 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** (½ cup for 4 servings), and any **resting juices from beef**. Simmer until thickened, 2-3 minutes. Turn off heat.
- Stir in another **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.



## 7 SERVE

- Divide **veggies**, **mashed potatoes**, and **beef** between plates. Top beef with **sauce** and **remaining parsley**. Serve.

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

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