



BEEF TENDERLOIN IN A SAVORY MUSHROOM SAUCE

with Roasted Brussels Sprouts & Fingerling Potatoes

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HELLO BRUSSELS SPROUTS

These tiny green globes turn crispy and sweet once roasted.

PREP: 10 MIN

TOTAL: 40 MIN

CALORIES: 600



Fingerling Potatoes



Beef Tenderloin



Garlic



Sour Cream
(Contains: Milk)



Brussels Sprouts



Button Mushrooms



Beef Demi-Glace
(Contains: Milk)

START STRONG

Before you start prepping, remove your beef from the fridge and let it sit out at room temperature. If you have time, you can do this an hour before cooking. This simple step will help it cook evenly and become perfectly juicy.

BUST OUT

- Baking sheet
- Paper towels
- Large pan
- Vegetable oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 1 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Brussels Sprouts 8 oz | 16 oz
- Fingerling Potatoes 12 oz | 24 oz
- Button Mushrooms 4 oz | 8 oz
- Garlic 2 Cloves | 4 Cloves
- Beef Tenderloin* 10 oz | 20 oz
- Beef Demi-Glace 1 | 2
- Sour Cream 2 TBSP | 4 TBSP

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



1 PREP

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts** lengthwise. Halve **potatoes** lengthwise. Trim and thinly slice **mushrooms**. Mince or grate **garlic**.



2 ROAST VEGGIES

Toss **Brussels sprouts** on one side of a baking sheet with a drizzle of **oil**, **salt**, and **pepper**. Toss **potatoes** on empty side with a drizzle of **oil**, **salt**, and **pepper**. Arrange veggies cut sides down. Roast until everything is browned and tender, 20-25 minutes. (For 4 servings, divide between 2 baking sheets; roast potatoes on top rack and Brussels sprouts on middle rack.)



3 COOK BEEF

Meanwhile, pat **beef** dry with paper towels; season all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side. Remove from pan and set aside to rest.



4 COOK MUSHROOMS

Heat a drizzle of **oil** in same pan over medium-high heat. Add **mushrooms** and cook, stirring, until softened and lightly browned, 3-4 minutes. Add **garlic** and cook until fragrant, 1 minute.



5 MAKE SAUCE

Stir in **demi-glace** and $\frac{1}{4}$ cup **water** ($\frac{1}{3}$ cup for 4 servings), scraping up any browned bits from bottom of pan. Bring to a simmer, then reduce heat to medium and cook until reduced, 2-3 minutes. Turn off heat; stir in **sour cream** and **1 TBSP butter** until melted. Season with **salt** and **pepper**.



6 SERVE

Divide **Brussels sprouts**, **potatoes**, and **beef** between plates. Top beef with **sauce** and serve.

BUTTONS OF FUN

This creamy mushroom sauce would also taste great with meatballs and mashed potatoes.

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