

# **BEEF TENDERLOIN IN A SAVORY MUSHROOM SAUCE**

with Roasted Brussels Sprouts & Fingerling Potatoes

GOURMET

## **INGREDIENTS**

2 PERSON | 4 PERSON



**Brussels Sprouts** 



Fingerling Potatoes



Button Mushrooms



1 Clove 2 Cloves Garlic



10 oz | 20 oz Beef Tenderloin



Beef Demi-Glace Contains: Milk



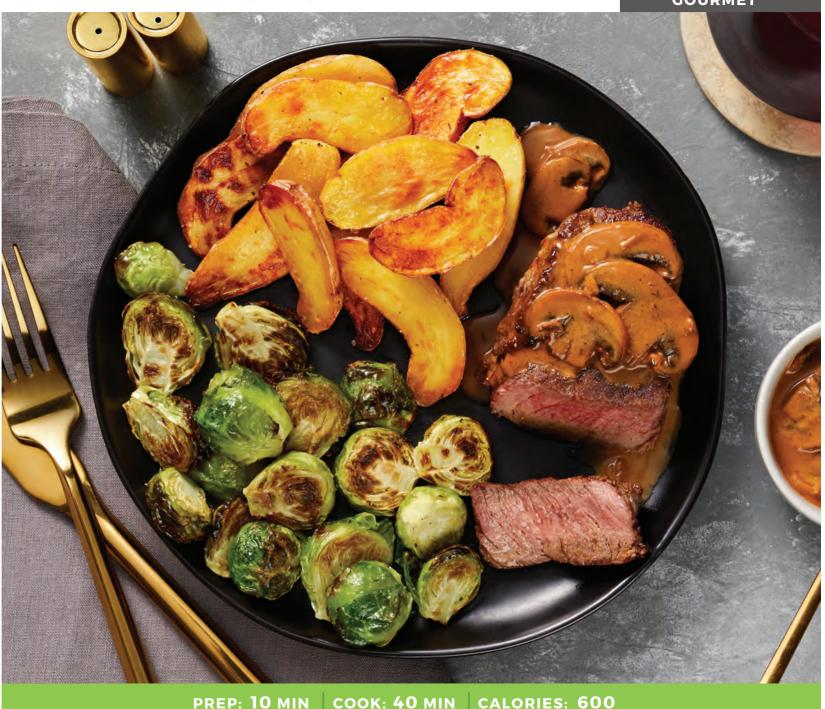
2 TBSP | 4 TBSP Sour Cream Contains: Milk



### HELLO

# **BRUSSELS SPROUTS**

These tiny green globes turn crispy and sweet once roasted.



COOK: 40 MIN

CALORIES: 600

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#### **CRISPY BUSINESS**

In step 2, try arranging your Brussels sprouts cut sides down like the potatoes on the baking sheet. Why? The flat sides provide more surface area for browning, which allows for deeper caramelization and crispier veggies.

#### **BUST OUT**

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

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#### 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**. Peel and 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 potatoes cut sides down.
- · Roast on top rack until everything is browned and tender, 20-25 minutes. (For 4 servings, divide between 2 sheets; roast potatoes on top rack and Brussels sprouts on middle rack.)



- While veggies roast, 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 & GARLIC**

• 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 ¼ cup water (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 thickened. 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.