



INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves
Garlic



6 oz | 12 oz
Green Beans



1 | 2
Shallot



1 | 1
Lemon



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



4 oz | 8 oz
Grape Tomatoes



1 tsp | 1 tsp
Sumac



10 oz | 20 oz
Beef Tenderloin
Steak



1 TBSP | 1 TBSP
Za'atar Spice



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



1 oz | 2 oz
Dried Apricots



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



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HELLO

ZA'ATAR

A Middle Eastern spice blend of thyme,
sesame seeds, and sumac

ZA'ATAR-CRUSTED BEEF TENDERLOIN

with Roasted Green Beans, Pistachio Couscous & Creamy Lemon Sauce



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 900



HOT TIP

For extra tasty veggies, place your baking sheet in the oven while it preheats! When you add the green beans, tomatoes, and shallot in Step 3, they'll start caramelizing right away.

BUST OUT

- Zester
- Paper towels
- Small pot
- Large pan
- Baking sheet
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Trim **green beans** if necessary. Halve, peel, and slice **shallot**. Zest and quarter **lemon**.



4 COOK BEEF

- While veggies roast, pat **beef*** dry with paper towels; season all over with **half the Za'atar Spice (all for 4 servings), salt, and pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add beef and cook to desired doneness, 4-7 minutes per side.
- Turn off heat; transfer to a cutting board to rest. Wash out pan.



2 MAKE COUSCOUS

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the garlic** and cook until fragrant, 30 seconds.
- Stir in **couscous, half the stock concentrates, 3/4 cup water (1 1/2 cups for 4 servings), and a big pinch of salt.** Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for beef over medium heat. Add **remaining garlic** and cook until fragrant, 30 seconds. Whisk in **1/2 cup water (1/2 cup for 4 servings), cream cheese, remaining stock concentrates, and a squeeze of lemon juice.** Cook, whisking, until thickened, 2-3 minutes.
- Remove pan from heat. Whisk in **crème fraîche, 1 TBSP butter (2 TBSP for 4), and a pinch of lemon zest** until combined. Season with **salt and pepper.** **TIP: If sauce seems too thick, add another splash of water.**



3 ROAST VEGGIES

- Meanwhile, toss **green beans, tomatoes, and shallot** on a baking sheet with a **large drizzle of oil, salt, and pepper.** Roast on top rack until browned and tender, 12-15 minutes.
- Carefully toss roasted **veggies** with **half the sumac (all for 4 servings).**



6 FINISH & SERVE

- To pot with **couscous**, add **apricots, pistachios, 1 TBSP butter (2 TBSP for 4 servings), a squeeze of lemon juice, a pinch of lemon zest, salt, and pepper.** Stir to combine. **TIP: Add a drizzle of olive oil if couscous seems dry.**
- Slice **beef** against the grain.
- Divide **veggies** and couscous between plates. Top couscous with beef. Spoon **sauce** over everything and serve.

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