



# BALSAMIC-AND-FIG BEEF TENDERLOIN

with Garlic Mashed Potatoes and Rosemary Breadcrumb Brussels Sprouts



HELLO  
BRUSSELS SPROUTS  
These tiny green globes are members of the cabbage family.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 760

-  Yukon Gold Potatoes
-  Shallot
-  Garlic
-  Panko Breadcrumbs  
(Contains: Wheat)
-  Beef Stock Concentrate
-  Balsamic Vinegar
-  Brussels Sprouts
-  Rosemary
-  Sour Cream  
(Contains: Milk)
-  Beef Tenderloin
-  Fig Jam

## START STRONG

To make sure that our mashed potatoes are served warm, we like to keep the pot on low heat until we're ready to serve. Just be sure to cover it first! This way, the potatoes stay nice and creamy.

## BUST OUT

- Medium pot
- Strainer
- Potato masher
- Medium pan
- Butter (3 TBSP | 6 TBSP)  
(Contains: Milk)
- Olive oil (1 TBSP | 2 TBSP)
- Vegetable oil (2 tsp | 4 tsp)
- Medium bowl
- Baking sheet
- Paper towels

## INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Brussels Sprouts 8 oz | 16 oz
- Shallot 1 | 1
- Rosemary ¼ oz | ¼ oz
- Garlic 2 Cloves | 4 Cloves
- Sour Cream 2 TBSP | 4 TBSP
- Panko Breadcrumbs ½ Cup | 1 Cup
- Beef Tenderloin 10 oz | 20 oz
- Beef Stock Concentrate 1 | 2
- Fig Jam 2 TBSP | 4 TBSP
- Balsamic Vinegar 5 tsp | 10 tsp

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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## 1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into small pieces. Trim and halve **Brussels sprouts**. Halve, peel, and mince **shallot** until you have 2 TBSP. Strip **rosemary leaves** from stems; mince leaves until you have 1 tsp. Mince or grate **garlic**.



## 4 COOK BRUSSELS SPROUTS

Toss **Brussels sprouts** on a baking sheet with a large drizzle of **olive oil**, **salt**, and **pepper**. Arrange cut sides down and roast until browned and crispy, 15-20 minutes. Add to bowl with **breadcrumbs** and toss to combine. Season with salt, pepper, and half the **minced rosemary** (save the rest for later).



## 2 MAKE MASHED POTATOES

Place **potatoes** in a medium pot with enough **salted water** to cover by 1 inch. Boil until tender, 15 minutes. Reserve **1 cup cooking water**, then drain. Melt **2 TBSP butter** in same pot over medium heat. Add **garlic** and cook for 1 minute. Add potatoes and a splash of cooking water; mash until smooth. Stir in **sour cream**. Season with **salt** and **pepper**.



## 5 COOK BEEF

Meanwhile, pat **beef** dry with paper towels; season all over with **salt** and **pepper**. Heat a large drizzle of **oil** in pan used for breadcrumbs over medium-high heat. Add beef and cook until browned and cooked to desired doneness, 3-6 minutes per side. Turn off heat; remove from pan and set aside to rest for at least 3 minutes. Wipe out pan.



## 3 TOAST BREADCRUMBS

Meanwhile, heat a drizzle of **olive oil** in a medium pan over medium-high heat (use a nonstick pan if you have one). Add **¼ cup breadcrumbs** (we sent more); season with **salt** and **pepper**. Cook, stirring often, until golden brown, 3-5 minutes. Turn off heat; transfer breadcrumbs to a medium bowl. Wipe out pan.



## 6 FINISH AND SERVE

Melt **1 TBSP butter** in same pan over medium heat. Add **minced shallot**; cook until fragrant, 1 minute. Add **stock concentrate**, **jam**, **vinegar**, **2 TBSP water**, and remaining **minced rosemary** (to taste). Cook until slightly thickened, 1-2 minutes. Stir in any **resting juices** from beef; season with **salt** and **pepper**. Divide **potatoes**, **Brussels sprouts**, and **beef** between plates. Top beef with sauce.

## CRUNCH TIME

Make the seasoned breadcrumbs again to top mac 'n' cheese.

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