



# BEEF TENDERLOIN & BURST BALSAMIC TOMATOES

with Cheesy Potato Rounds & Roasted Brussels Sprouts



## HELLO

### BURST TOMATOES

Juicy grape tomatoes are cooked until saucy.

PREP: 10 MIN

TOTAL: 35 MIN

CALORIES: 670



Brussels Sprouts



Yukon Gold Potatoes



Tuscan Heat Spice



Beef Tenderloin



Beef Stock Concentrate



Shallot



Grape Tomatoes



Parmesan Cheese  
(Contains: Milk)



Balsamic Vinegar

## START STRONG

Take your beef out of the fridge and let it come to room temperature before cooking. Don't have time for that? Let it sit out long enough to take the chill off. This is the key to evenly cooked, juicy beef.

## BUST OUT

- Baking sheet
- Paper towels
- Large pan
- Olive oil (7 tsp | 7 tsp)
- Butter (1 TBSP | 1 TBSP)  
(Contains: Milk)
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Brussels Sprouts **8 oz | 16 oz**
- Shallot **1 | 2**
- Yukon Gold Potatoes **12 oz | 24 oz**
- Grape Tomatoes **4 oz | 8 oz**
- Tuscan Heat Spice **1 TBSP | 1 TBSP**
- Parmesan Cheese **¼ Cup | ½ Cup**
- Beef Tenderloin\* **10 oz | 20 oz**
- Balsamic Vinegar **5 tsp | 10 tsp**
- Beef Stock Concentrate **1 | 2**

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

## 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 450 degrees. **Wash and dry all produce.** Trim and halve **Brussels sprouts**. Halve, peel, and thinly slice **shallot**. Slice **potatoes** into ¼-inch-thick rounds. Halve **tomatoes**.



## 2 ARRANGE BRUSSELS SPROUTS

Toss **Brussels sprouts** on one side of a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Arrange cut sides down.



## 3 ROAST VEGGIES

Toss **potatoes** on empty side of same sheet with a large drizzle of **olive oil**, half the **Tuscan Heat Spice** (all for 4 servings), **salt**, and **pepper**. Arrange rounds slightly overlapping on sheet, then evenly sprinkle with **Parmesan**. Roast until veggies are browned and tender, 20-25 minutes.



## 4 COOK BEEF

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



## 5 MAKE PAN SAUCE

Heat another drizzle of **olive oil** in same pan over medium-high heat. Add **shallot** and a pinch of **salt** and **pepper**. Cook until fragrant, 1-2 minutes. Add **tomatoes** and cook, stirring, until slightly softened, 1-2 minutes. Stir in **vinegar**, **stock concentrate**, and **¼ cup water** (⅓ cup water for 4 servings). Simmer until slightly thickened and saucy, 3-4 minutes. Turn off heat. Stir in **1 TBSP butter** and any **resting juices** from beef.



## 6 SERVE

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

## HERB YOUR ENTHUSIASM

Have some fresh basil on hand? Roughly chop and sprinkle over your finished dish for an extra herby note.

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