



BEEF TENDERLOIN IN A CREAMY MUSTARD SAUCE over Truffled Couscous



HELLO

BLACK TRUFFLE BUTTER

Flecks of umami-rich black truffle add an earthy aroma and decadent flavor to this butter.

PREP: 5 MIN

TOTAL: 35 MIN

CALORIES: 640



Scallions



Beef Tenderloin



Black Truffle Butter
(Contains: Milk)



Steak Spice Blend



Dijon Mustard



Green Beans



Israeli Couscous
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)



Beef Stock Concentrate



Sour Cream
(Contains: Milk)

START STRONG

A restaurant-style sear goes beyond presentation—it helps meat develop that deep, mouthwatering flavor we associate with a good steak. For best results, pat your tenderloin as dry as you can before seasoning so it browns immediately when it hits the hot pan.

BUST OUT

- Medium pot
- Whisk
- Strainer
- Kosher salt
- Paper towels
- Black pepper
- Large pan
- Baking sheet
- Vegetable oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 1 tsp)

INGREDIENTS

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

- Scallions **2 | 4**
- Green Beans **6 oz | 12 oz**
- Israeli Couscous **½ Cup | 1 Cup**
- Black Truffle Butter **2 TBSP | 4 TBSP**
- Beef Tenderloin* **10 oz | 20 oz**
- Steak Spice Blend **1 TBSP | 1 TBSP**
- Beef Stock Concentrate **1 | 2**
- Dijon Mustard **2 tsp | 4 tsp**
- Sour Cream **2 TBSP | 4 TBSP**
- Parmesan Cheese **¼ Cup | ½ Cup**

* 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 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Trim **green beans**, if necessary.



4 ROAST BEEF AND GREEN BEANS

Transfer seared **beef** to one side of a baking sheet. Toss **green beans** on opposite side of sheet with a drizzle of **olive oil, salt, and pepper**. Roast on top rack until green beans are browned and tender and beef reaches desired doneness, 10-12 minutes. (**TIP:** Beef may finish before green beans.) Remove from oven; let beef rest for 5 minutes.



2 COOK COUSCOUS

Once water is boiling, add **couscous** to pot. Cook until al dente, 6-8 minutes. Drain and place empty pot over medium heat. Add **truffle butter** and **scallion whites**; cook, stirring, until softened, 1-2 minutes. Stir in cooked couscous until evenly coated. Turn off heat; cover until ready to serve.



5 MAKE SAUCE

Meanwhile, heat pan used for beef over medium-high heat. Stir in **¼ cup water** (½ cup for 4 servings) and **stock concentrate**. Simmer until slightly thickened, 1-2 minutes. Reduce heat to low and whisk in **mustard**. Turn off heat; stir in **sour cream** and any **resting juices** from beef. Season with **salt and pepper**. **TIP:** If sauce gets too thick, stir in hot water 1 TBSP at a time.



3 SEAR BEEF

Meanwhile, pat **beef** dry with paper towels; season with **salt and pepper**. Sprinkle with half the **Steak Spice** (use all for 4 servings), pressing to adhere. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add beef and cook until a crust forms, 2-3 minutes per side (it'll finish cooking in the next step). Turn off heat; wipe out pan.



6 FINISH AND SERVE

Fluff **couscous** with a fork, then stir in **Parmesan** and half the **scallion greens**. Season with **salt and pepper**. Divide couscous, **green beans**, and **beef** between plates. Spoon **sauce** over beef. Sprinkle with remaining scallion greens and serve.

TAKE TWO

Love our creamy mustard sauce? Try making it again with pork chops.

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