



**GREEN
CHEF**

BEEF TENDERLOIN WITH BROWN BUTTER CARROTS

garlicky broccoli, Worcestershire sauce

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

830

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

This dish proves that luxe doesn't have to mean complicated—quite the opposite. With just seven ingredients, you'll create a restaurant-worthy meal. Beef tenderloin is pan-seared to a juicy finish, then drizzled with Worcestershire sauce. Garlicky sautéed broccoli and brown butter roasted carrots with sage and almonds make for sides just as important as the main event. Keep a close eye on your pan as the butter browns and stir continuously, as it can go from sunny yellow to burnt in a blink. Once you spot those amber flecks, you're (literally) golden.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (7 ITEMS)

3 whole **Rainbow carrots**
 1/8 oz **Sage**
 6 oz **Broccoli**
 1/4 oz **Garlic**
 2 (5 oz) **Beef tenderloins***
 2 1/4 oz **Keto-friendly Worcestershire sauce** **T** **F**
 1/2 oz **Sliced almonds** **T**

WHAT YOU'LL NEED

medium sauté pan with lid
 large sauté pan
 baking sheet
 medium bowl
 measuring spoons
 peeler
 thermometer
 oven mitt
 cooking oil
 3 tbsp butter **M**
 salt & pepper

ALLERGENS

T TREE NUTS (almonds, coconut)
F FISH (anchovies)
M MILK

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

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START & ROAST CARROTS

- Preheat oven to 425 degrees.
- Cut tops off **rainbow carrots*** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 18–20 minutes, or until fork-tender, stirring halfway through. (You'll finish the carrots in Step 7.)

**The ingredient you received may be a different color.*

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- De-stem **sage**; roughly chop leaves.
- Cut **broccoli** into bite-size pieces if necessary.
- Mince **garlic**.

3 COOK BEEF TENDERLOINS

- Pat **beef tenderloins** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Once pan is hot, add **beef**. Sear 4–7 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **beef** to a cutting board. Let rest at least 3 minutes.

4 WARM WORCESTERSHIRE SAUCE

- Add **keto-friendly Worcestershire sauce** and 1 tablespoon butter to pan used for beef. Cook 1–2 minutes, or until sauce is warmed and butter melts, stirring occasionally.
- Remove from heat. Cover pan with lid.

5 MAKE BROWN BUTTER

- Place 2 tablespoons butter in a large sauté pan over medium heat. Cook 1–2 minutes, or until butter is fragrant and begins to brown, swirling frequently.* Remove from heat.
- Add **sage** and **sliced almonds** to pan. Stir to combine. Transfer **brown butter** to bowl used to season carrots. (Wipe out pan.)

**Keep an eye on the butter while it cooks to prevent it from burning.*

6 COOK BROCCOLI

- Heat about 2 tablespoons cooking oil in pan used for brown butter over medium heat. Add **broccoli** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 6–8 minutes, or until tender, stirring occasionally.
- Add **garlic** to pan. Cook 1–2 minutes, or until fragrant, stirring occasionally.

7 FINISH CARROTS

- Add **roasted carrots** to bowl with **brown butter**. Toss to coat. Season with salt and pepper to taste.

8 FINISH & PLATE YOUR DISH

- Cut **beef tenderloins** into 5–7 slices each.
- Divide **beef** between plates. Drizzle **Worcestershire sauce** over top. Serve **brown butter carrots** and **garlicky broccoli** next to beef. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (472g)

Amount per serving

Calories 830

	% Daily Value*
Total Fat 65g	83%
Saturated Fat 20g	100%
Trans Fat 0.5g	
Cholesterol 135mg	45%
Sodium 1410mg	61%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 141mg	10%
Iron 6mg	35%
Potassium 1361mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Beef Tenderloin [beef], **Worcestershire Sauce** (Granulated Garlic, Onion Powder, Fish Sauce [anchovy, sea salt], Water, Coconut Nectar [coconut tree sap], Dried Mustard, Apple Cider Vinegar [apple cider vinegar], Ground Cloves, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Ascorbic Acid [ascorbic acid]), **Rainbow Carrots**, **Sage**, **Almonds** [almonds], **Broccoli**, **Garlic**

Allergen information:
Contains Tree Nuts And Fish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.