



# BEEF TENDERLOIN IN COCONUT AMINOS

*sautéed shiitake mushrooms & green beans, spicy ginger-lime aioli*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 590	<b>NET CARBS PER SERVING</b> 13 GRAMS	<b>MENU</b> KETO // PALEO // GLUTEN-FREE
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Beef tenderloin is extra-special. True to the name, this cut is naturally buttery and tender—perfect for impressing your dinner companion (and yourself). Here, it's marinated in ultra-savory coconut aminos, then seared, sliced, and drizzled with a spicy ginger-lime aioli. As with any great beef-centric meal, however, the side dish might just steal the spotlight here. Green beans, cashews, and shiitake mushrooms are sautéed with shichimi togarashi—a Japanese spice blend with a fiery umami kick. To finish, vinegary radish and scallion pickles are piled on top.

## INGREDIENTS (10 ITEMS)

- 2 (5 oz) **Beef tenderloins\***
- 1¼ oz **Coconut aminos** T
- 2 oz **Radishes**
- 1 whole **Scallion**
- 1 oz **Apple cider vinegar with cilantro** T
- 6 oz **Green beans**
- ½ oz **Roasted cashews** T
- 2¾ oz **Shiitake mushrooms**
- ½ tsp **Shichimi togarashi**
- 1 oz **Spicy ginger-lime aioli** E

## WHAT YOU'LL NEED

- medium & large sauté pans
- mixing bowls
- measuring spoons
- thermometer
- cooking oil
- salt & pepper

## ALLERGENS

- T TREE NUTS (cashews, coconut)
- E EGGS

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

**Validated**  
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.

\*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 MARINATE BEEF

- Pat **beef tenderloins** dry with paper towels. Place **beef** in a medium bowl. Season with about ¼ teaspoon salt and a pinch of pepper.
- Add **coconut aminos**. Stir to coat. Marinate at least 10 minutes, stirring occasionally.

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 START PREP & QUICK-PICKLE VEGGIES

- Trim ends off **radishes** and cut in half. Lay flat and slice into half-moons, about ¼ inch thick.
- Thinly slice **scallion**; discard root end.
- Place **radishes** and **scallion** in a second medium bowl. Add **apple cider vinegar with cilantro**.<sup>\*</sup> Lightly season with salt and pepper. Stir to combine. Let pickle at least 10 minutes, stirring occasionally.

<sup>\*</sup>For a milder flavor, drizzle in 1–2 teaspoons of olive oil.



## 3 FINISH PREP

- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.
- Roughly chop **roasted cashews** if necessary.
- Remove any woody stems from **shiitake mushrooms** (tender stems are fine). Cut into strips, about ½ inch thick.



## 4 COOK BEEF

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high. Once pan is hot, add **beef** (with any excess marinade). Sear 5–6 minutes on each side, or until beef is fully cooked (or to desired doneness).
- Transfer **beef** to a cutting board. Let rest at least 3 minutes.



## 5 SAUTÉ GREEN BEANS & MUSHROOMS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans**, **cashews**, and **mushrooms** to hot pan. Season with **shichimi togarashi**<sup>\*</sup>, salt, and pepper. Cook 4–5 minutes, or until tender, stirring occasionally.

<sup>\*</sup>If heat sensitive, use **shichimi togarashi** sparingly.



## 6 PLATE YOUR DISH

- Cut **beef** into 5–7 slices each.
- Divide **sautéed green beans and mushrooms** between plates. Fan **beef tenderloins** next to veggies. Drizzle with **spicy ginger-lime aioli** to taste. Garnish with **quick-pickled radish and scallion**. Enjoy!

# Nutrition Facts

2 Servings per container

Serving size (367g)

Amount per serving

Calories 590

	% Daily Value*
<b>Total Fat</b> 43g	55%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 890mg	39%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 6mg	35%
Potassium 956mg	20%

\* 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], **Green Beans**, **Shiitake Mushrooms**, **Coconut Aminos** [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Radishes**, **Shichimi Togarashi** [orange peel, black pepper, garlic, hulled sesame seeds, black sesame seeds, chili powder, poppy seeds, nori powder], **Scallions**, **Seasoned Apple Cider Vinegar** (Apple Cider Vinegar [apple cider vinegar], Cilantro, Coconut Nectar [coconut tree sap]), **Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic)

## Allergen information:

Contains Egg And Tree Nuts

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.

