



**GREEN
CHEF**

BEEF TENDERLOIN WITH TOMATO SHALLOT SAUCE

sautéed green beans, Parmesan-crusted squash

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

840

NET CARBS PER SERVING

14 GRAMS

MENU

KETO // GLUTEN-FREE

This dish proves that luxe doesn't also have to mean complicated—quite the opposite, in fact. With just eight ingredients, you'll create a restaurant-worthy meal that's guaranteed to wow. Beef tenderloins are pan-seared, then drizzled with a creamy tomato shallot sauce. And because the sides are just as important as the main event, we've added sautéed green beans and Parmesan-crusted yellow squash.

INGREDIENTS (8 ITEMS)

1 whole **Yellow squash**
6 oz **Green beans**
1 whole **Shallot**
4 oz **Grape tomatoes**
1 tsp **Herb, garlic & red pepper blend**
2 (5 oz) **Beef tenderloins***
3 oz **Creamy mushroom broth** M
1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

medium & large sauté pans
baking sheet
medium bowl
measuring spoons
thermometer
oven mitt
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

M MILK



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.

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

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

PREP

- Preheat oven to 425 degrees.
- Trim ends from **yellow squash***. Slice widthwise into rounds, about ¼ inch thick.
- Trim stem ends off **green beans**. Halve widthwise.
- Cut ends off **shallot** and discard peel. Cut widthwise into slices, about ¼ inch thick. Separate slices.
- Halve **grape tomatoes**.

**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

SEASON & ROAST SQUASH

- Place **squash** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **herb, garlic, and red pepper blend**, salt, and pepper. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fork-tender, flipping halfway through. (You'll finish the squash in Step 6.)

3

SEASON & COOK BEEF

- Pat **beef tenderloins** dry with paper towels. Season with about ¼ teaspoon salt and a pinch of pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **beef** to hot pan. 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. (Reserve pan.)

4

SAUTÉ GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **green beans** and about half the **shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until tender, stirring occasionally.

5

MAKE SAUCE

- Heat about 1½ tablespoons cooking oil in pan used for beef over medium-high heat. Add **tomatoes** and remaining **shallot**. Cook 1-2 minutes, or until shallot is softened.
- Add **creamy mushroom broth**. Bring to a simmer and cook 3-4 minutes, or until slightly thickened.
- Remove from heat. Stir in 1 tablespoon butter. Season with salt and pepper.

6

FINISH SQUASH

- Remove **squash** from oven. Sprinkle **Parmesan cheese** over top. (**Careful! Baking sheet is hot!**) Roast 2-3 minutes, or until cheese melts.

7

PLATE YOUR DISH

- Cut **beef tenderloins** into 6-8 slices each.
- Divide **beef, sautéed green beans, and Parmesan-crusted squash** between plates. Spoon **tomato shallot sauce** over beef. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (512g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 71g	91%
Saturated Fat 22g	110%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 1090mg	47%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 6mg	35%
Potassium 1104mg	25%

* 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], **Shallot**, **Grape Tomatoes**, **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Green Beans**, **Yellow Squash**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Herb, Garlic & Red Pepper Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Rosemary, Crushed Red Pepper Flakes, Onion Powder)

Allergen information:
Contains Milk

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.