



**GREEN
CHEF**

BEEF TENDERLOIN WITH SAVORY MUSHROOM SAUCE

broccoli gratin

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

830

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

There's a scientific reason why you won't be able to put down your fork tonight: This hearty beef dinner is bursting with umami-rich ingredients. Mushrooms, Worcestershire sauce, cashew "Parmesan," and sharp cheddar are all packed with the ultra-savory "fifth taste." Here, luxe beef tenderloins are pan-seared, then draped in a rich and creamy mushroom sauce. On the side, there's roasted broccoli gratin smothered in cheese. Science aside, once you take a bite, it's easy to understand why this meal is so irresistible.



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 (10 ITEMS)

6 oz **Broccoli**
4 oz **Cremini mushrooms**
1 whole **Yellow onion**
¼ oz **Garlic**
2 (5 oz) **Beef tenderloins***
1¼ tbsp **Arrowroot**
1 oz **Sour cream** **M**
1 oz **Keto-friendly Worcestershire sauce** **T F**
2¼ tbsp **Cashew "Parmesan"** **T**
2 oz **Sharp cheddar cheese** **M**

WHAT YOU'LL NEED

large sauté pan
baking sheet
measuring cup & spoons
thermometer
oven mitt
cooking oil
1 tbsp butter **M**
salt & pepper

ALLERGENS

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

*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

PREP

- Preheat oven to 425 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter **mushrooms**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Mince **garlic**.

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 BROCCOLI

- Place **broccoli** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 14-16 minutes, or until fork-tender, stirring halfway through. (You'll finish the broccoli in Step 5.)

3

SEASON & SEAR BEEF

- Pat **beef tenderloins** dry with paper towels. Season all over with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat until shimmering. Once pan is hot, add **beef**. Sear 3-6 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

MAKE SAUCE

- Heat about 1½ tablespoons cooking oil in pan used for beef over medium heat. Add **mushrooms** and **onion** to hot pan. Lightly season with salt and pepper. Cook 3-5 minutes, or until mushrooms are softened, stirring occasionally.
- Add **garlic**. Sprinkle with **arrowroot**. Stir to coat.
- Add **sour cream**, **keto-friendly Worcestershire sauce**, 1 tablespoon butter, and about ⅓ cup water. Stir to combine. Cook 2-3 minutes, or until sour cream is incorporated and sauce has slightly thickened, stirring occasionally. Season with salt and pepper to taste.

5

FINISH BROCCOLI

- Sprinkle **cashew "Parmesan"** and **sharp cheddar cheese** over **broccoli**. (Careful! Baking sheet is hot!) Roast 1-2 minutes, or until cheese begins to melt. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Cut **beef tenderloins** against the grain into 5-7 slices each.
- Divide **broccoli gratin** between plates. Fan **beef tenderloin** alongside. Spoon **savory mushroom sauce** over beef. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (439g)

Amount per serving

Calories 830

	% Daily Value*
Total Fat 63g	81%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 950mg	41%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 296mg	25%
Iron 6mg	35%
Potassium 1134mg	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:

Cremini Mushrooms, **Arrowroot** [organic arrowroot], **Garlic**, **Yellow Onion**, **Sour Cream** [cultured cream], **Broccoli**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **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]), **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper), **Beef Tenderloin** [beef]

Allergen information:

Contains Tree Nuts, Fish And 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.