



## BEEF TENDERLOIN WITH TRUFFLE CREAM SAUCE

*cheesy cauliflower, roasted tomato wedges*

<b>COOK TIME</b>	<b>SERVINGS</b>	<b>CALORIES PER SERVING</b>	<b>NET CARBS PER SERVING</b>	<b>MENU</b>
35 MIN	2	800	11 GRAMS	KETO // GLUTEN-FREE

True to the name, beef tenderloin is naturally tender and buttery—perfect for impressing your dinner companion (and yourself). Here, it's seasoned simply with salt and pepper, then seared, sliced, and drizzled with creamy truffle sauce. As with any great beef-centric meal, the sides are just as awesome: Parmesan-smothered cauliflower and tender roasted tomato wedges. This umami-bomb dish will have you coming back for more.

### INGREDIENTS (9 ITEMS)

8¾ oz	<b>Cauliflower</b>
1 whole	<b>Roma tomato</b>
4 oz	<b>Cremini mushrooms</b>
¼ oz	<b>Garlic</b>
2 (5 oz)	<b>Beef tenderloins*</b>
1 oz	<b>Cream cheese</b> <small>M</small>
1 oz	<b>Sour cream</b> <small>M</small>
½ tsp	<b>Truffle zest</b>
1 oz	<b>Parmesan cheese</b> <small>M</small>

### WHAT YOU'LL NEED

medium sauté pan  
baking sheet  
measuring cup & spoons  
thermometer  
oven mitt  
cooking & olive oils  
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 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 **cauliflower** lengthwise into slices, about ¼ inch thick.
- Cut **Roma tomato** into wedges, about ½ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- 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 ROAST CAULIFLOWER &amp; TOMATO

- Place **cauliflower** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in a single layer.
- Roast about 10 minutes, stirring halfway through.
- Remove baking sheet from oven. Carefully place **tomato** on empty side of sheet. (**Careful! Baking sheet is hot!**) Drizzle with about 1½ tablespoons olive oil. Season with salt and pepper. Stir to coat.
- Roast 8–10 minutes more, or until cauliflower is fork-tender and tomato is softened. (You'll finish the cauliflower and tomato in Step 6.)

## 3 SEASON &amp; COOK BEEF

- 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 until shimmering. Add **beef** to hot pan. Sear 4–7 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer to a cutting board. Let rest at least 3 minutes.

## 4 START TRUFFLE CREAM SAUCE

- Heat about 1 tablespoon cooking oil in pan used for beef over medium-high heat. Add **mushrooms** to hot pan. Season with salt and pepper. Cook 3–5 minutes, or until softened, stirring occasionally.

## 5 FINISH TRUFFLE CREAM SAUCE

- Add **garlic** to pan with **mushrooms**. Cook about 30 seconds, or until fragrant.
- Add **cream cheese**, **sour cream**, and ¼ cup water to pan. Cook 1–2 minutes, or until sauce has thickened, stirring occasionally. Remove from heat.
- Add 1 tablespoon butter. Season with about ¼ teaspoon **truffle zest\*** (reserve remaining for another use, like a dusting for popcorn), about ¼ teaspoon salt, and a pinch of pepper. Stir to combine.

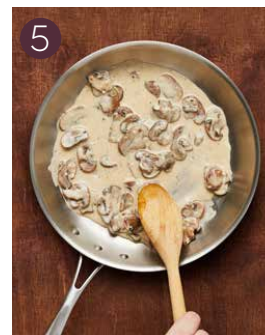
\*Truffle zest has an intensely rich, earthy flavor. Feel free to add more to your taste.

## 6 FINISH CAULIFLOWER &amp; TOMATO

- Top **cauliflower** with **Parmesan cheese**. (**Careful! Baking sheet is hot!**)
- Return sheet with **cauliflower** and **tomato** to oven. Cook 3–4 minutes more, or until cheese is lightly browned.

## 7 PLATE YOUR DISH

- Cut **beef tenderloins** into 6–7 slices each.
- Divide **beef** between plates. Top with **truffle cream sauce**. Serve **cheesy cauliflower** and **roasted tomato wedges** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (470g)

**Amount per serving**

**Calories** 800

	% Daily Value*
<b>Total Fat</b> 65g	83%
Saturated Fat 19g	95%
Trans Fat 0g	
<b>Cholesterol</b> 135mg	45%
<b>Sodium</b> 670mg	29%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 262mg	20%
Iron 5mg	30%
Potassium 1256mg	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], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Sour Cream** [cultured cream], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **Cremini Mushrooms**, **Roma Tomatoes**, **Garlic**, **Cauliflower**

### 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.*