



**GREEN  
CHEF**

## BEEF TENDERLOIN WITH CREAMY CHIMICHURRI

*mushrooms, red bell pepper, cabbage, tomato, pepitas*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

730

### NET CARBS PER SERVING

13 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Beef tenderloin on its own is perfectly fine, but we really took it to the next level with this keto-friendly meal. Peruvian-style spices do double duty, seasoning both the beef and a cornucopia of roasted vegetables. The flavors beautifully complement the herb-flecked chimichurri and avocado mayo. To finish, toasted pepitas are sprinkled on top for a delicious, satisfying crunch.

### INGREDIENTS (9 ITEMS)

4 oz **Cremeni mushrooms**  
1 unit **Red bell pepper**  
1 whole **Yellow onion**  
1 whole **Roma tomato**  
½ oz **Pepitas**  
1¾ oz **Cabbage**  
1 tbsp **Peruvian-style spices**  
2 (5 oz) **Beef tenderloins\***  
2¾ oz **Creamy chimichurri with avocado mayo** **E**

### WHAT YOU'LL NEED

medium sauté pan  
baking sheet  
large bowl  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

**E** EGGS



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 400 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter mushrooms, depending on size.
- Medium dice **red bell pepper\*** into pieces, about ½ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **pepitas**.

*\*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 VEGGIES**

- Place **mushrooms, bell pepper, onion, cabbage\***, and about half the **tomato** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half the **Peruvian-style spices**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork-tender, stirring halfway through.

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

3

**TOAST PEPITAS**

- Place **pepitas** in a dry, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a plate.

4

**SEASON & COOK BEEF**

- Pat **beef tenderloins** dry with paper towels. Season with salt, pepper, and remaining **Peruvian-style spices**.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas 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.

5

**PLATE YOUR DISH**

- Cut **beef tenderloins** against the grain into 6-8 slices each.
- Divide **roasted veggies** between plates. Fan **beef** over top. Drizzle with **creamy chimichurri with avocado mayo** to taste. Garnish with **toasted pepitas** and remaining **tomato**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (449g)

**Amount per serving**

**Calories** 730

	% Daily Value*
<b>Total Fat</b> 59g	76%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 970mg	42%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 6mg	35%
Potassium 1192mg	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], **Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **Cremeni Mushrooms**, **Yellow Onion**, **Roma Tomatoes**, **Bell Peppers**, **Red Cabbage**, **Pepitas** [pumpkin seed kernels], **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract])

**Allergen information:**  
Contains Egg

*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.*