



BEEF TENDERLOIN WITH CHILI-CUMIN BUTTER

bell pepper with cotija, chimichurri cauliflower "rice"

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
30 MIN	2	950	12 GRAMS	KETO // GLUTEN-FREE

True to its name, beef tenderloin cooks up ultra-tender in tonight's dinner. As luxurious as it is, we think you'll be even more excited about all the accompaniments. First, our chili, cumin, and paprika blend gives a major flavor boost to softened butter, which melts over the slices of beef. Alongside, there's a quick cauliflower "rice" that's seasoned with a creamy, herby chimichurri. Sautéed bell pepper and onion provide tender bites, while pepitas on top add extra crunch.

INGREDIENTS (9 ITEMS)

½ oz	Pepitas
1 unit	Green bell pepper
1 whole	Red onion
¼ oz	Garlic
2 (5 oz)	Beef tenderloins*
1½ tsp	Chili, cumin & paprika blend
¾ oz	Cotija cheese <small>M</small>
9 oz	Cauliflower "rice"
2¾ oz	Creamy chimichurri with avocado mayo <small>E</small>

WHAT YOU'LL NEED

2 large sauté pans
small bowl
measuring spoons
thermometer
cooking oil
2 tbsp butter M
salt & pepper

ALLERGENS

M MILK
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

- Place 2 tablespoons butter in a small bowl. Let sit for at least 5 minutes to bring to room temperature.
- Roughly chop **pepitas**.
- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Mince **garlic**.

*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 TOAST PEPITAS

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

3 SEASON & SEAR BEEF

- Pat **beef tenderloins** dry with paper towels. Season with salt, pepper, and about ½ teaspoon of the **chili, cumin, and paprika blend**.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium 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.

4 SAUTÉ BELL PEPPER & ONION

- Heat about 1½ tablespoons cooking oil in pan used for beef over medium-high heat. Add **bell pepper** and **onion** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until veggies begin to soften, stirring occasionally.
- Add **garlic**. Cook 2-3 minutes, or until bell pepper is tender.
- Remove from heat. Add **cotija cheese** to pan. Stir to combine.

5 COOK CAULIFLOWER "RICE"

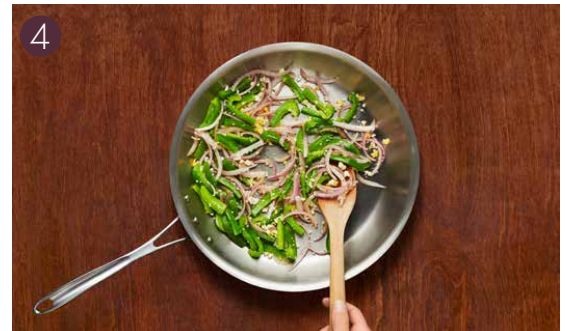
- Heat about 1½ tablespoons cooking oil in a second large sauté pan over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with about ¼ teaspoon salt. Cook 4-5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **creamy chimichurri with avocado mayo** to pan. Stir to combine.

6 MAKE CHILI-CUMIN BUTTER

- Add remaining **chili, cumin, and paprika blend** to bowl with **softened butter**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Cut **beef tenderloins** into 5-7 slices each.
- Divide **sautéed bell pepper with cotija** and **chimichurri cauliflower "rice"** between plates. Serve **beef** next to sides. Top beef with **chili-cumin butter** and **toasted pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (488g)

Amount per serving

Calories 950

	% Daily Value*
Total Fat 83g	106%
Saturated Fat 21g	105%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 880mg	38%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 6mg	35%
Potassium 1161mg	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], **Red Onion**, **Bell Peppers**, **Garlic**, **Cauliflower**, **Pepitas** [pumpkin seed kernels], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, anti-caking agent [potato starch, corn starch, cellulose, natamycin (an all natural mold inhibitor)]], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder), **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 certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil])

Allergen information:

Contains Egg 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.