



**GREEN
CHEF**

BEEF TENDERLOIN WITH GARLIC-THYME BUTTER

mashed butternut squash, Parmesan Brussels sprouts

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

810

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN FREE

Beef tenderloin always feels like a luxurious treat, and this dinner has sides that rise to the occasion. Seared beef tenderloin gets dolloped with garlic-thyme butter for a rich, herby boost. Silky mashed butternut squash is made extra-luscious with cream cheese. Brussels sprouts are roasted with Parmesan for a savory, almost nutty finish. These all add up to a restaurant-quality meal you can enjoy in your own home.

INGREDIENTS (8 ITEMS)

8¾ oz **Butternut squash***
 8 oz **Brussels sprouts**
 ¼ oz **Garlic**
 ⅛ oz **Thyme**
 1 whole **Scallion**
 1 oz **Parmesan cheese** M
 2 (5 oz) **Beef tenderloins****
 2 oz **Cream cheese** M

WHAT YOU'LL NEED

medium pot
 medium sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 strainer
 peeler
 potato masher
 thermometer
 oven mitt
 cooking oil
 4 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.

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.
 **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 START PREP & COOK SQUASH

- Preheat oven to 425 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.**
- Place **squash** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork-tender.
- Strain **squash**; shake off excess water. Return to pot. (You'll finish the squash in Step 6.)

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut side down, then slice away the skin, curving your knife with the shape of the squash as you go.*

***Use about 2 cups squash, saving the rest for another day. If you have a food scale, use 8½ ounces to stay under 20 grams of net carbs per serving.*

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 FINISH PREP

- Place 2 tablespoons butter in a small bowl. Let sit for at least 5 minutes to bring to room temperature.
- Trim stem ends off **Brussels sprouts**. Halve lengthwise.
- Mince **garlic**.
- De-stem **thyme**; finely chop leaves.
- Thinly slice **scallion**; discard root end.

3 ROAST BRUSSELS SPROUTS

- Place **Brussels sprouts** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 6-10 minutes, or until fork-tender, stirring halfway through.
- Sprinkle **Parmesan cheese** over baking sheet. (**Careful! Baking sheet is hot!**) Roast 1-2 minutes, or until cheese melts.

4 SEASON & 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. 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 MAKE GARLIC-THYME BUTTER

- Add **garlic** and about half of the **thyme** to bowl with softened butter (reserve remaining thyme for another use). Stir to combine. Season with salt and pepper to taste.

6 MASH SQUASH

- Add **cream cheese**, **scallion**, and 2 tablespoons plain butter to pot with **squash**. Mash with a potato masher (or fork) until smooth. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

7 PLATE YOUR DISH

- Slice **beef tenderloins** against the grain into 6-8 slices each.
- Divide **mashed butternut squash** and **Parmesan Brussels sprouts** between plates. Serve **beef** next to sides. Dollop **garlic-thyme butter** over beef. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (446g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 26g	130%
Trans Fat 1g	
Cholesterol 180mg	60%
Sodium 920mg	40%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 350mg	25%
Iron 6mg	35%
Potassium 1281mg	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], Garlic, Thyme, Brussels Sprouts, Parmesan Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], Butternut Squash, 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)], Scallions

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.