



**GREEN  
CHEF**

## CARAMELIZED ONION BEEF TENDERLOIN

*chive cauliflower "rice," sautéed kale with toasted almonds*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

1000

### NET CARBS PER SERVING

19 GRAMS

### MENU

KETO // GLUTEN-FREE

You know it's a special night when beef tenderloin is on the menu. This meal is even further elevated by accompaniments, starting with a creamy cauliflower "rice" that's made luscious with cream cheese and white cheddar. Sautéed kale provides the green factor, with chopped toasted almonds mixed in for a great crunch. What you may end up loving the most, however, is the balsamic onion sauce that's spooned over the beef. Made with jammy caramelized onion, it gives the tender beef a deeply flavorful sweet-tangy boost.

### INGREDIENTS (11 ITEMS)

⅛ oz	<b>Chives</b>
2¾ oz	<b>Green kale</b>
¼ oz	<b>Garlic</b>
1 whole	<b>Yellow onion</b>
9 oz	<b>Cauliflower "rice"</b>
1 tbsp	<b>Oregano-garlic seasoning</b>
1 oz	<b>Cream cheese</b> <small>M</small>
2 oz	<b>White cheddar cheese</b> <small>M</small>
½ oz	<b>Sliced almonds</b> <small>T</small>
2 (5 oz)	<b>Beef tenderloins*</b>
1¼ oz	<b>Balsamic vinegar</b>

### WHAT YOU'LL NEED

medium & large sauté pans  
measuring cup & spoons  
thermometer  
cooking oil  
3 tbsp butter M  
salt & pepper

### ALLERGENS

M MILK  
T TREE NUTS (almonds)



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

- Mince **chives**.
- Remove and discard any thick center stems from **green kale\***. Roughly chop leaves into bite-size pieces.
- Mince **garlic**.
- 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.

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

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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

## COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **cauliflower "rice"** and about ½ cup water to hot pan. Season with about half the **oregano-garlic seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until cauliflower is tender and liquid has mostly cooked off, stirring occasionally.
- Remove from heat. Add **cream cheese, white cheddar cheese**, and about half the **chives**. Stir until cream cheese is incorporated. Season with salt and pepper to taste.

3

## TOAST ALMONDS

- Place **sliced almonds** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **almonds** to a cutting board and allow to cool. Roughly chop.

4

## SAUTÉ KALE

- Heat about 1½ tablespoons cooking oil in pan used for almonds over medium-high heat. Add **kale**, about half the **garlic**, and about ¼ cup water to hot pan. Cook 2-3 minutes, or until kale wilts, stirring occasionally.
- Add 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until butter has melted.
- Remove from heat. Stir in **toasted almonds**.

5

## SEASON & COOK BEEF

- Season **beef tenderloins** with salt, pepper, and remaining **oregano-garlic seasoning**.
- Heat about 1½ tablespoons cooking oil in a second large sauté pan over medium-high heat until shimmering. Once pan is hot, add **beef**. Sear 5-6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer to a cutting board. Let rest at least 3 minutes.

6

## MAKE SAUCE

- Heat about 1 tablespoon cooking oil and 1 tablespoon butter in pan used for beef over medium heat. Add **onion** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until caramelized, stirring occasionally.
- Add **balsamic vinegar**, remaining **garlic**, and about 2 tablespoons water. Stir to combine. Reduce heat to medium low. Simmer 2-3 minutes, or until sauce has slightly thickened, stirring frequently.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted.

7

## PLATE YOUR DISH

- Cut **beef tenderloins** into 6-8 slices each.
- Divide **chive cauliflower "rice"** between plates. Fan **beef tenderloin** over top. Spoon **caramelized onion sauce** over top. Garnish with remaining **chives**. Serve **sautéed kale with toasted almonds** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (485g)

**Amount per serving**

**Calories** **1000**

	% Daily Value*
<b>Total Fat</b> 82g	105%
Saturated Fat 28g	140%
Trans Fat 0.5g	
<b>Cholesterol</b> 170mg	57%
<b>Sodium</b> 950mg	41%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 45g	
Vitamin D 0mcg	0%
Calcium 369mg	30%
Iron 6mg	35%
Potassium 1182mg	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:

**Garlic, Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Chives, Cauliflower, 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)], **Yellow Onion, Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Green Kale, Almonds** [almonds], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Beef Tenderloin** [beef]

### Allergen information:

Contains Tree Nuts 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.*