



**GREEN
CHEF**

BEEF TENDERLOIN WITH SHALLOT PAN SAUCE

mashed cauliflower, cheesy Brussels sprouts

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

730

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // GLUTEN-FREE

Indulge in a restaurant-quality meal in the comfort of your own home. Sumptuous beef tenderloin is seared with mustard-herb seasoning and drizzled with a creamy Worcestershire-shallot pan sauce. It's served over cauliflower mashed with tangy sour cream. The vegetable side is equally luxurious: Brussels sprouts roasted until fork-tender and showered with Parmesan. Did we mention all this is keto and gluten-free? Yes, you *can* have it all!



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.

INGREDIENTS (11 ITEMS)

4 oz **Brussels sprouts**
9¾ oz **Cauliflower**
1 whole **Scallion**
1 whole **Shallot**
1 oz **Parmesan cheese** M
1 oz **Sour cream** M
½ tsp **Garlic, paprika & herb blend**
2 (5 oz) **Beef tenderloins***
1¼ tsp **Mustard-herb seasoning**
1 oz **Cream cheese** M
1¾ oz **Keto-friendly Worcestershire sauce** F T

WHAT YOU'LL NEED

medium pot
medium sauté pan
baking sheet
medium bowl
measuring cup & spoons
fine-mesh strainer
potato masher
thermometer
oven mitt
cooking oil
2 tbsp butter M
salt & pepper

ALLERGENS

M MILK

F FISH (anchovies)

T TREE NUTS (coconut)

*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.
- Bring a medium pot of lightly salted water to a boil.
- Trim stem ends off **Brussels sprouts**. Halve lengthwise.
- Thinly slice **cauliflower** into pieces, about ¼ inch thick.
- Trim and thinly slice **scallion**, separating whites from greens.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.

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 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.
- Remove baking sheet from oven. Sprinkle **Parmesan cheese** over **Brussels sprouts**. **(Careful! Baking sheet is hot!)** Bake 1-2 minutes, or until cheese melts.

3 MAKE CAULIFLOWER MASH

- Once water is boiling, add **cauliflower** to pot. Cook 12-14 minutes, or until very tender.
- Turn off heat. Strain **cauliflower**; shake off excess water and return to pot. Return pot to stovetop burner used to cook cauliflower. Let sit for 5 minutes on warm burner until water evaporates from cauliflower.*
- Add **sour cream**, **scallion whites**, and 1 tablespoon butter. Season with **garlic**, **paprika**, and **herb blend**, about ¼ teaspoon salt, and a pinch of pepper. Mash with a potato masher (or fork) until smooth.

**Letting the pot sit on the still warm (but turned off) burner ensures all the water evaporates before mashing the cauliflower.*

4 SEASON & COOK BEEF

- Pat **beef tenderloins** dry with paper towels. Season with **mustard-herb seasoning**, 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 PAN SAUCE

- Heat about 1 teaspoon cooking oil in pan used for beef over medium-high heat. Add **shallot** to hot pan. Cook 2-3 minutes, or until tender.
- Add ¼ cup water, **cream cheese**, and **keto-friendly Worcestershire sauce** to pan. Bring to a simmer. Cook 2-3 minutes, or until sauce has thickened, stirring frequently.* Remove from heat.
- Add 1 tablespoon butter. Stir until butter melts. Season with salt and pepper to taste.

**Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will bring additional richness to your gravy.*

6 PLATE YOUR DISH

- Cut **beef tenderloins** into 5-7 slices each.
- Divide **mashed cauliflower** between plates. Top with **beef tenderloin**. Drizzle **shallot pan sauce** over beef. Serve **cheesy Brussels sprouts** on the side. Garnish with **scallion greens**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (460g)

Amount per serving

Calories **730**

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 1420mg	62%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 295mg	25%
Iron 6mg	35%
Potassium 1226mg	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], **Mustard-Herb Seasoning** (Celery Seeds, Dried Mustard, White Pepper, Dried Parsley, Dried Oregano, Dried Basil), **Brussels Sprouts**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Shallot**, **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)], **Worcestershire Sauce** (Granulated Garlic, Onion Powder, Fish Sauce [anchovy, sea salt], Water, Coconut Nectar [coconut tree sap], Dried Mustard, Apple Cider Vinegar [apple cider vinegar], Ground Cloves, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Ascorbic Acid [ascorbic acid]), **Cauliflower**, **Scallions**, **Sour Cream** [cultured cream], **Garlic**, **Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder)

Allergen information:

Contains Milk, Tree Nuts And Fish

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.

