



FARM-FRESH SELECTS

**GREEN  
CHEF**

## BEEF TENDERLOIN & GARDEN COUSCOUS SALAD

*romaine, bell pepper, tomato, creamy schug sauce, feta*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
730

This summer salad is brimming with seasonal produce and tender beef! A garden's-worth of romaine, sweet bell pepper, and fresh tomato are mixed with toasted pearl couscous for a hearty base. Salad turns bright and citrusy with a homemade lemon vinaigrette, then everything is tossed with feta to finish. Lemon-pepper beef tenderloin is fanned over the top and crowned with a creamy, herby schug sauce, honoring summer with every bite.

### INGREDIENTS (11 ITEMS)

1 whole	<b>Vegetable stock concentrate</b>
½ cup	<b>Toasted pearl couscous</b> <small>W</small>
1 whole	<b>Lemon</b>
5¼ oz	<b>Romaine lettuce</b>
1 unit	<b>Green bell pepper</b>
1 whole	<b>Roma tomato</b>
1¼ oz	<b>Schug sauce</b>
1 oz	<b>Sour cream</b> <small>M</small>
2 (5 oz)	<b>Beef tenderloins*</b>
1 tsp	<b>Lemon pepper &amp; herb seasoning</b>
2 oz	<b>Feta cheese</b> <small>M</small>

### WHAT YOU'LL NEED

small pot  
medium sauté pan  
mixing bowls  
measuring cup & spoons  
whisk  
thermometer  
cooking & olive oils  
½ tsp sugar  
salt & pepper

### ALLERGENS

W WHEAT  
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**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°.

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 COOK COUSCOUS

- Bring 1¼ cups water, **vegetable stock concentrate**, and about ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Fluff with a fork. (You'll finish the couscous in Step 6.)

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 PREP

- Quarter **lemon**.
- Halve **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ¼ inch wide; discard root end.
- Cut **green bell pepper\*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

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



## 3 MAKE CREAMY SCHUG SAUCE

- Place **schug sauce** and **sour cream** in a small bowl. Stir to combine.

## 4 COOK BEEF

- Pat **beef tenderloins** dry with paper towels. Season with **lemon pepper and herb seasoning**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add beef to hot pan. Sear, turning occasionally, 6-12 minutes, or until fully cooked (or to desired doneness).
- Transfer **beef** to a cutting board. Let rest at least 3 minutes.



## 5 MAKE LEMON VINAIGRETTE

- Squeeze juice from two **lemon wedges** over a large bowl. Add about ½ teaspoon sugar and about 1 tablespoon olive oil. Whisk to combine. Season with salt and pepper to taste.\*

*\*Taste the vinaigrette after seasoning and adjust as needed.*

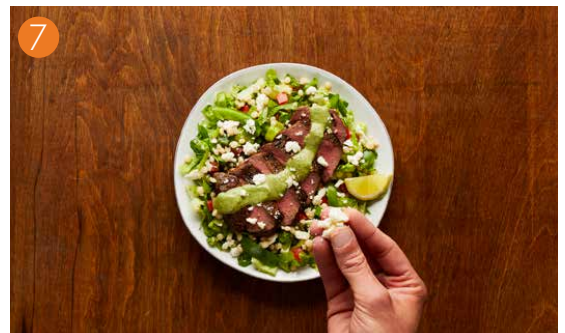


## 6 MAKE SALAD

- Transfer **couscous** to bowl with **lemon vinaigrette**. Add **lettuce**, **bell pepper**, **tomato**, and about half the **feta cheese**. Stir to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Cut **beef tenderloins** against the grain into 6-8 slices each.
- Divide **couscous salad** between plates. Top with **beef**. Drizzle with **creamy schug sauce**. Garnish with remaining **feta**. Serve with remaining **lemon wedges**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (453g)

**Amount per serving**

**Calories** 730

	% Daily Value*
<b>Total Fat</b> 42g	54%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 1090mg	47%
<b>Total Carbohydrate</b> 43g	16%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 3g Added Sugars	6%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 209mg	15%
Iron 6mg	35%
Potassium 934mg	20%

\* 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], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Bell Peppers**, **Romaine Lettuce**, **Roma Tomatoes**, **Lemon**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sour Cream** [cultured cream], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes)

**Allergen information:**

Contains Milk And Wheat

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.

