MARLEY SPOON

Beef Tenderloin with Parsnip-Potato Mash

Shallot Pan Sauce & Roasted Brussels

30-40min 2 Servings

We love sneaking in veggies where you'd least expect it, and this parsnip-potato mash is one of our best tricks. Rosemary boils with the root vegetables to impart a subtle earthiness before mashing it all up into buttery bliss. Roasted Brussels sprouts bring a hearty crunch to complement the mash alongside a tender seared beef tenderloin. We top it all off with an irresistibly savory shallot pan sauce.

What we send

- 1 potato
- 2 parsnips
- ¼ oz fresh rosemary
- ½ lb Brussels sprouts
- 1 shallot
- 10 oz pkg beef tenderloin
- 1 pkt beef broth concentrate

What you need

- kosher salt & ground pepper
- unsalted butter [1]
- neutral oil

Tools

- medium saucepan
- colander
- potato masher or fork
- rimmed baking sheet
- medium skillet

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 820kcal, Fat 50g, Carbs 59g, Protein 38g

1. Cook potato and parsnip

Preheat oven to 450°F with a rack in the center.

Peel **potato** and **parsnips** and cut into 1-inch pieces. Place into a medium saucepan with **half of the rosemary sprigs**; add enough **salted water** to cover by 1 inch. Bring to a boil; reduce heat to medium-low and simmer until very tender when pierced with a fork, 15–20 minutes. Reserve **½ cup cooking water** and drain.

2. Finish mash

Remove **rosemary stems** and return **potatoes and parsnips** to saucepan, off heat. Add **2 tablespoons butter** and **¼ cup reserved cooking water**. Mash with a potato masher or fork. Add more water if needed to reach desired consistency. Season to taste with **salt** and **pepper**. Cover to keep warm until ready to serve.

3. Roast Brussels sprouts

Trim and halve **Brussels sprouts** (quarter if large). Toss with **2 tablespoons oil** on a rimmed baking sheet and season with **salt** and **pepper**. Roast, stirring halfway through, until sprouts are tender and leaves are browned and crispy, 20–25 minutes.

4. Cook steak

Peel and thinly slice **shallot**. Pat **steak** dry, then season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **beef tenderloin** and cook until lightly charred and medium-rare, 2–3 minutes per side. Transfer to a cutting board to rest.

5. Make pan sauce

Add **shallot** to same skillet over medium-high and cook until softened, 1–2 minutes. Add **broth concentrate** and **½ cup water**, scraping up any browned bits with a wooden spoon. Simmer until liquid is reduced and slightly thickened, about 2 minutes. Off heat, whisk in **1 tablespoon butter**.

6. Finish & serve

Slice **beef tenderloin** and serve over **parsnip and potato mash** with **Brussels sprouts** alongside and **shallot pan sauce** over top. Enjoy!